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School Years Developmental Journal

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Department
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Early Support

for children, young people and families

School Years Developmental Journal

Child/young person's name: _____

Date of birth: _____



The Developmental Profile

Enter the date in the corresponding box when you consider the Step to have been 'achieved'. Children are likely to be achieving new things in different Steps at any one time, so check backwards and forwards as well.

Child/young person's name: _____

Date of birth: _____

Area of Development		Step S1	Step S2	Step S3	Step S4	Step S5
Personal, social and emotional	Relationships					
	Emotions					
	Views, values and identity					
	Well-being					
	Independence					
	Equality, diversity and cohesion					
Communication	Listening, understanding and reasoning					
	Sentence building					
	Speech sounds					
	Vocabulary					
	Story-telling and narrative					
	Social interaction					
Physical	Fine motor skills					
	Moving in the environment					
	Moving creatively					
	Self-care					
Thinking	Memory					
	Executive functioning					
	Creativity					
	Knowledge of the world and problem-solving					
	Use of technology					

Key Indicator Table

This table shows all the Key Indicators for each Area of Development and in each Developmental Step.

	Personal, social and emotional	Communication	Physical	Thinking
Step S1	<p>Shows some understanding and awareness of other children's viewpoints – for example, takes account of somebody else's ideas about how to organise their activity</p> <p>Can sometimes manage own emotions - for example, when upset about something, knows that it is not appropriate to have a tantrum at school</p>	<p>Focuses on the key points and pays less attention to the less important information in a question or instruction</p> <p>Tells a story with important key components in place i.e. sets the scene, has a basic story plot and a logical sequence of events</p>	<p>Uses thumb and first (index) finger to pick up and handle small objects – for example, threading beads on a string</p> <p>Follows safe procedures for food safety and hygiene – for example, washing hands before baking</p>	<p>Remembers simple stories but this is mainly limited to the general gist. May not remember detail correctly - for example, names of characters and what they were wearing - and the sequence may not be logical</p> <p>Tells the time to 5 minutes including to the hour, half past the hour and quarter past/to the hour</p>
Step S2	<p>Recognises the worth of others - for example, by making positive comments about siblings, friends or classmates, showing appreciation for a kind deed</p> <p>Describes their own personality with some detail or complexity – for example, "I am usually a happy person", "Sometimes I get sad" or "I try not to be selfish but sometimes I find it hard"</p>	<p>Uses a range of regular and unusual word endings, with few errors being made – for example, fought, fell, brought, geese, fish</p> <p>Is aware when someone doesn't understand and tries another way to get information across</p>	<p>Works in pairs or small group to develop turn-taking in physical activities – for example, throwing and catching</p> <p>Moves freely across a large space, negotiating the space including obstacles and people – for example, running, jumping, dancing</p>	<p>Attends selectively to tasks and ignores distractions if motivated to do so – for example doesn't talk to their friends or call out loud when required not to do so</p> <p>When doing activities, knows that steps have to be done in the right order – for example when baking or cooking, in a science experiment or planting in the garden</p>

Key Indicator Table continued

	Personal, social and emotional	Communication	Physical	Thinking
Step S3	<p>Aware of strategies for overcoming stress – for example, talking with friends and family</p> <p>Deals with prejudice, in equality and discrimination in an appropriate manner – for example, may challenge someone's actions or seek help and support from others</p>	<p>Uses words in more and different ways - for example, 'bright kid', 'bright day', 'bright idea'</p> <p>Gives detailed explanations of rules, breaks down steps and describes events in more complex sequences</p>	<p>Uses two hands together to perform complex tasks in an automatic way – for example, quickly tying a shoelace with little attention</p> <p>Represents their own ideas, thoughts and feelings through sequences of creative movement, gestures and expression</p>	<p>Explores and experiments with ideas independently and inventively – for example, creating a new recipe</p> <p>Explores and interprets different sources of information and begins to assess these for validity and bias – for example, realises that articles on the internet may be people's opinions rather than facts</p>
Step S4	<p>Makes judgements about their personal qualities, skills and achievements and uses these to set future goals</p> <p>Understands and respects how differing characteristics – for example, cultures, ethnicities, nationalities, sexual orientation, genders, religions and beliefs - may influence lifestyle choices</p>	<p>Understands the words that are used in questions in exams and the classroom – for example, 'compare', 'discuss', 'evaluate'</p> <p>Listens carefully in discussions and responds sensitively to other people's views</p>	<p>Plans a sequence of complex movements using a range of fine motor skills to use materials in order to complete a task and/or cause a change - for example, pottery and ceramics, needlework, collage and printing</p> <p>Evaluates own physical abilities and skills, identifying strengths and areas for development</p>	<p>Repeats a six digit number sequence – for example, '2, 6, 1, 4, 9, 3'</p> <p>May change their own views as a result of informed discussion or research and examination of relevant evidence</p>

Key Indicator Table continued

	Personal, social and emotional	Communication	Physical	Thinking
Step S5	<p>Is confident in resisting pressure to engage unwillingly in risky or dangerous behaviours- for example, use of alcohol or drugs or anti-social behaviour</p> <p>Extends ability to develop independence and responsibility - for example, by planning and making journeys alone or acting as a peer mentor on social networking sites</p>	<p>Picks out overall messages from discussions and understands when meaning is inferred and not obvious - for example, "I thought he was quite arrogant as he always talks about all these things he can do, but I think he's just trying to impress Laura, you can tell he really likes her"</p> <p>Switches easily between informal and formal styles of talking - for example "Yeah, whatever guys...oh good evening Mr Johnson, how are you?" To friends: "That's our neighbour, what's he doing here?"</p>	<p>Carries out most tasks using their hands quickly, automatically and often not with full attention – for example, while talking to someone else</p> <p>Independently maintains a high level of personal hygiene tasks</p>	<p>Organises their own college and/or paid work without assistance</p> <p>Independently comes up with an original idea, plans, assembles materials and creates a well-finished product – for example, a scrapbook of a holiday</p>

Developmental Journal

Personal, social and emotional development

Overview

Each child and young person has their own unique set of characteristics that interact with the social and cultural environments in which they are growing up, including their family, community, school and also wider society. There is a lot of change during childhood and adolescence in terms of expectations, school settings, puberty and relationships. Having a positive sense of self, stable and happy relationships and well-developed social skills can help children and young people deal with this constructively and with resilience (the capacity to cope with stress and how well someone can 'bounce back' from a negative event).

Forming close, affectionate relationships, initially within the family and later with other adults, children and young people, is an important basis for personal and social development. This helps in forming an understanding of relationships that rely on qualities such as affection, trust and being valued. There are lots of different types of relationships – for example, with siblings, long-term romantic relationships and friendship. As they develop, children and young people become more aware of this and even more subtle distinctions. They are also acquiring the skills to have a wide range of successful relationships.

Being involved in communities such as school and groups such as Brownies and Scouts, culturally specific groups, or mixed community social groups helps children and young people to develop social skills such as sharing, helping others, turn-taking, co-operation, effective communication, following conventions and rules, relating to different adults and children of different ages and coping with difficulties in relationships.

Awareness of their own feelings and other people's emotions are essential for children and young people to have successful relationships. Children and young people become increasingly able to identify their emotions, discuss them in a calm

and helpful way and manage strong emotions such as anger in an appropriate way. Children may already have some awareness that their actions can affect other people. This continues to develop so children and young people can use this knowledge to help them make decisions.

Throughout life, we learn about ourselves as individuals. As children and young people learn to recognise, develop and communicate their qualities, skills and opinions, they build knowledge, confidence and self-esteem and make the most of their abilities. This helps them to gain a positive view of themselves. Throughout development, children and young people explore, change and establish their opinions, and they're able to discuss these with others including those who may have different viewpoints.

We are all members of different groups – for example, within the family, being part of a friendship group and belonging to the wider community. Children and young people learn a great deal about their identity in different domains – for example, their ethnicity, culture, nationality, religion, beliefs, gender and sexual orientation. They become aware that they have multiple roles and responsibilities. As they develop, children and young people become more aware of the similarities and differences between different people, cultures and societies, and the commonalities that bind them together. They also learn about their rights and the opinions, needs and rights of other people, and how these rights come also with responsibilities for self and towards others. All this comes together to promote a positive view of diversity and cohesion in society.

During childhood and adolescence, children and young people learn how to take responsibility for themselves regarding their emotional and physical well-being, and also for their future. However they sometimes experience peer pressure to act in a certain way which may not be in their best interests. As they mature, become

Developmental Journal

Personal, social and emotional development *continued*

more confident and better able to make informed choices, then children and young people are more likely to resist peer pressure to engage in risky behaviour. Particularly from Key Stage 3 onwards in school, there is a lot of focus on preparing for adulthood and developing skills for independent living – for example, with work experience opportunities. Even earlier in school, there are often opportunities for children to take on responsibilities such as being on the school council, getting involved in a peer mentor or buddying scheme or being a library monitor.

A key factor in personal, social and emotional development is how children and young people approach new challenges. At some point in their life, most children and young people will encounter stress, anxiety-provoking situations or setbacks and their ability to cope with these is very important. A positive attitude, a network of support, managing emotions effectively, a proactive and problem-solving approach and adapting to change can all help children and young people deal with setbacks.

Relationships

Being able to understand, form and maintain relationships is important throughout a person's life. Children and young people need to be aware of the different types of relationships and what they involve. This helps them to then have positive relationships with a wide range of people such as teachers, classmates, neighbours, wider community members and family members. Children and young people can vary in their capacity to form friendships and to maintain a circle of acquaintances.

Sometimes there are difficulties or negative experiences in relationships such as a disagreement with a friend, a misunderstanding or bullying. Moreover, there may be times when a child or young person cannot, and should not be expected to,

resolve difficulties without support – for example, in situations of discrimination against them because of their additional needs or disability, race, gender, sexual orientation, religion or belief. Resolving these situations may need sensitive handling, a variety of strategies and help from others.

Successful relationships involve thinking about the perspectives of others. In order to appreciate that another person may have different knowledge, culture, beliefs and desires, children and young people need to be able to attribute mental states to others which may be different to their own. This is sometimes called 'theory of mind' and might involve children and young people imagining themselves in the other person's situation.

How does this apply to us?

Developmental Journal

Personal, social and emotional development continued

Emotions

The ability to identify and describe a range of different emotions tends to get more sophisticated with maturity. Emotions also need to be managed, especially strong or negative feelings, in order to cope in a wide range of social situations. Children and young people also need to develop the ability to understand how somebody might be feeling and how this might affect their behaviour. This is sometimes called 'empathy' and is very important. It also affects children's and young people's behaviour towards others – for example, leading to a compassionate action such as a hug or saying something to cheer the other person up. Success in forming good relationships with peers depends to a large extent on children and young people managing their own emotions and in accurately assessing the feelings of others.

How does this apply to us?

Views, values and identity

People tend to have views about themselves on different levels and these can get more sophisticated with age - for example, physical characteristics, personality traits, strengths and weaknesses. 'Self-esteem' refers to a person's overall opinion about themselves and a child or young person's view about different aspects of themselves contributes to this. Self-esteem is strongly influenced by the child or young person's perceived ability in a variety of domains and by their experiences of social and cultural support from adults and their peers.

People tend to belong to lots of different groups in society – for example, their family, friendship group, culture and nation. Therefore, children and young people can develop different types of identity, which can be quite complex and continue to develop throughout childhood and adolescence.

Right from the early years, children have their own opinions and views about things but with more life experience, these develop. Children and young people may form more balanced opinions as they become aware of different factors, information or viewpoints, and they typically become better able to express them and discuss or debate them with others.

How does this apply to us?

Developmental Journal

Personal, social and emotional development continued

Well-being

Life tends to produce challenges and risks to both physical and emotional well-being. Sometimes, it is necessary to risk something to attempt a new challenge but sometimes risk is harmful. Therefore, children and young people need to learn how to assess and manage risk.

Peer pressure is often part of childhood and adolescence, and children and young people have to learn to deal with this in appropriate ways. Adolescence in particular may present pressure to engage in risky behaviour. As young people become more confident, they may feel more able to resist peer pressure.

How does this apply to us?

Independence

Childhood and adolescence are important life stages in their own right and are also important in preparing children and young people for adulthood and independent living. Lots of different skills are required for this. Personal development is important to develop transferable skills such as learning to take on responsibilities – for example, in school, at home or in the community – and becoming more independent from parents. As they develop, children and young people may increasingly be able to appreciate the benefits of being involved in their culture or community – for example, attending a place of worship or joining a local voluntary group. There are also more directly linked skills to prepare for adulthood such as dealing with money, making career plans, work-specific skills and work experience.

How does this apply to us?

Developmental Journal

Personal, social and emotional development continued

Equality, diversity and cohesion

Children and young people learn much about equality, diversity and cohesion through their relationships with other people. They realise that other people have different opinions, strengths, beliefs and culture to them and appreciate that this diversity is a positive aspect of society and respect others who may be different to themselves. They also recognise the things they have in common with others. From the early years, children grasp concepts of fairness and equality. With maturity, they may also become aware of inequality and disadvantages that some groups of people experience and the importance of challenging prejudices and encouraging equal opportunities and equal outcomes.

How does this apply to us?

Developmental Journal

Communication

Overview

Communication is a complex process and there are lots of things children and young people need to grasp in order to become effective communicators. Speech, language and communication are key for learning in school (and outside of school!), reading, making friends, social interactions and for expressing views and feelings. The most obvious progress in language development is evident in the early and primary school years. However there is a lot of change during the secondary school years too, especially in how young people use language and the variety of contexts in which they can communicate skilfully.

Listening and attention are fundamental for good communication. This is part of turn-taking in conversations in the early years and children and young people learn to modify their replies based on their conversational partner. In later childhood and adulthood, young people are expected to be able to contribute their own views in discussions and this often necessitates listening and understanding other people's point of view.

Being able to produce speech sounds correctly, using appropriate vocabulary and putting sentences together in the right order are all crucial factors in being able to communicate effectively. Typically, most speech sounds are acquired in the early years but some are still developing in the school years. Children's vocabularies expand rapidly through development, as they learn new words every day. They gradually learn more sophisticated words, such as 'overjoyed' for 'happy', and words specific to school work. The structure of sentences is also important – for example, putting the right words in the right order. With experience, sentences become longer and more complex.

Throughout development, children and young people learn to express themselves more effectively and creatively, adapting their style, vocabulary and sentence structure according to the situation, listeners and purpose. Often the language people use is not literal and we have to apply our reasoning skills to interpret it correctly. Sometimes we might have to apply our existing knowledge about the world, the situation and other people. Non-literal language is also used in jokes and sarcasm, and children can find these tricky to understand at first. Other examples of non-literal language include metaphors and idioms. Metaphors can also be called 'figures of speech' and apply a description to something even though it is not literally applicable – for example 'I'm feeling blue'. Idioms are 'sayings' that mean something other than their literal meaning – for example, 'You're pulling my leg'.

Communication is all around us and with a little thought and imagination, children and young people's communication development can be supported in effective and fun ways. Children and young people can gain knowledge of language from all sorts of places in all sorts of ways – for example, taking part in conversations, listening to others, reading, telling stories, poetry, television and playing games. Being immersed in a language-rich and supportive environment encourages children and young people to use their language skills and express themselves.

If your child and/or family are bi-lingual or multilingual it is important to support this aspect of their identity by ensuring that these different languages are given equal value and that children and young people are given the opportunity to use them. It is important to know that children and young people, including those with disabilities or other additional needs, can benefit from learning multiple languages. In the long-term there is no evidence to suggest that this harms language development and there is evidence that it can benefit thinking skills and is essential for the development of positive cultural awareness and identity.

Developmental Journal

Communication continued

Listening, understanding and reasoning

Attention and listening are the foundations of communication and language. As children and young people develop, they become more able to listen and concentrate without getting distracted, even if they are doing something else at the same time. It's also important that children and young people recognise when they don't understand something and ask for clarification – for example, asking the speaker to repeat something or asking 'why' and 'how' questions to find out further information.

When we talk we sometimes assume the listener has certain knowledge – for example, if you say "I need to take an umbrella with me today", the listener will probably infer that it may rain or is already raining. As children develop, their ability to make inferences becomes more sophisticated.

How does this apply to us?

Sentence building

This is to do with grammar and using and understanding the rules of spoken language. Some grammatical rules can be explicitly taught and generalised – for example, adding 'ed' onto the end of words to signify past tense. However as children get older, they encounter more difficult and less predictable word forms – for example 'drank'. Sentence building isn't just to do with individual words; as children and young people develop, the structure of their sentences tends to get more complex and the length of their sentences increases.

How does this apply to us?

Developmental Journal

Communication continued

Speech sounds

This is all about how children say words; how they pronounce sounds and say words with lots of syllables. Speech errors are common in early development and some sounds may still be tricky for children in Key Stage 1 such as 'r' and 'th'.

How does this apply to us?

Vocabulary

Children learn new words quickly and their vocabulary level is important for educational attainment. As they progress through school, children and young people also learn lots of new words relevant for topics they are learning about.

How does this apply to us?

Developmental Journal

Communication continued

Storytelling and narrative

Much of our communication is based on telling stories and narratives – for example, telling each other about our day at work or school. Talking about our lives and exchanging information in this way is important for building relationships. Stories, even those about real events, often follow a structure, which helps them make sense to other people.

How does this apply to us?

Social interaction

Communication is important within social interactions to develop relationships with a range of people. Different types of communication are appropriate in different situations and with different people – for example, using slang words with peers but more formal language with strangers or adults, or dialects or home languages when in cultural groups or family settings. There are lots of social rules in conversations – for example, waiting for your turn and not interrupting. In discussions, it is important to be able to keep to the topic in question, listen to other people, monitor other people's understanding and pick up on cues – for example, if someone wants to change the topic of conversation!

How does this apply to us?

Developmental Journal

Physical

Overview

From birth to young adulthood, children and young people develop in their ability to control and coordinate their bodies to perform a wide variety of everyday activities. The development of these physical skills is important for school, home life, leisure, recreation and sport - for example, writing, gardening, swimming, riding a bike, catching and throwing, kicking, running and driving.

Some aspects of physical development relate to agility of the whole body and coordination of all limbs - for example, running - while others are concerned with small movements of specific body parts - for example, control of the fingers to write or using tools. Sometimes the skills involving the whole body are called 'gross motor skills' and the skills involving smaller movements are called 'fine motor skills'. Aspects of physical development are also needed for self-care, allowing us to feed, dress and wash ourselves.

Physical skills can vary greatly; some can be completely self-paced - for example, drawing - while others involve rhythm and keeping in time - for example, dancing or playing a musical instrument. Some of the most complex physical skills require quick reactions to changes in the environment and the movement of other people - for example, fast sports like basketball or when driving in a busy street. Performance of all of these skills relies on information from the senses, particularly vision and the 'feel' of movements, to control the muscles to move accurately in time and space.

Physical skills are crucial for development generally; in fact, research shows that co-ordination is strongly linked with thinking and communication skills right through from infancy to adolescence. Physical development is also linked to social skills. Body language, gestures and speech all rely on movement of different body parts and are important for communicating and interacting with others. Having confidence in one's own abilities and positive self perceptions can also come from having well-developed physical skills. In particular, skill and achievement in sport can help to develop positive self-esteem and motivation.

The rate at which children and young people develop their physical abilities and the types of skills that they practice and learn depends on many different things. These include personal or internal factors such as physical attributes and capabilities. Everyone differs in physical characteristics (height, weight, body shape/proportion & composition) and their rate of physical growth and fitness. This may influence the choice of, and motivation to, perform certain activities. How quickly and accurately we notice, process and act on information can also have an impact on the ability to perform certain tasks, particularly more complex tasks or those requiring fast reactions. Psychological and emotional factors such as anxiety, self-esteem, confidence and motivation may also affect a child or young person's willingness to practice and engage in physical activities and will therefore influence learning. External or environmental factors also play a role - for example, the influence of communities, family, friends and peers or the availability of resources and facilities.

Developmental Journal

Physical continued

Fine motor skills

This area describes skills that involve hands, fingers and hand-eye co-ordination. These skills are important for using equipment and tools such as writing implements, cutlery and scissors. With development, children and young people are able to complete more complex, delicate and fiddly tasks with greater accuracy.

How does this apply to us?

Moving in the environment

Getting from place to place, playing sports, swimming and cycling involve whole-body movements, balance and co-ordination. For such activities, children and young people need to plan ahead, think strategically and sometimes work with others. These activities often involve the ability to use and control equipment such as bats or balls. It's important to remember that the development of many of these skills often depend on the opportunities that are available to children and young people.

How does this apply to us?

Developmental Journal

Physical continued

Moving creatively

This refers to body awareness and the ability to interpret music, actions, thoughts and emotions through movement and dance. Children and young people develop a sense of rhythm beginning with being able to clap or tap their feet to a beat and progressing to being able to choreograph and/or carry out a sequence of moves to a piece of music.

How does this apply to us?

Self-care

Physical skills are needed for personal hygiene and self-care tasks, which include dressing, washing and eating, and the nature of these tasks vary with maturity and gender. Children and young people should also understand the importance of these tasks such as why they need to eat healthily and keep active.

How does this apply to us?

Overview

Problem-solving, creativity and understanding the world are all underpinned by many different skills. As children and young people develop they encounter a wide range of information through everyday life, and more explicitly through education and learning. Before a child can begin to make sense of their experiences or solve problems, they must take in the relevant information. This then needs to be retained and retrieved when needed.

There are different ways in which we remember certain types of information. Sometimes we only need to remember things for a few seconds, like when we dial a phone number, but sometimes we need to remember information over several hours, days, weeks or months, like when studying for an exam. This is the difference between short-term and long-term memory. Memory skills are also involved in complex problem-solving, like when doing a complicated sum; this is called executive working memory. We can also draw distinctions between information we remember in a verbal form (using words) and information we remember in a visual or spatial form. Importantly, children and young people can have strengths or weaknesses in these different types of memory.

Using memory strategies can make a big difference to memory performance. There are several methods that can be used – for example, repeating things over and over, forming links between pieces of information to keep them in mind and leaving notes in obvious places.

The term ‘executive functioning’ refers to a set of essential thinking processes that control and regulate our abilities and behaviours. Executive functioning includes the ability to decide when to start and stop actions, set goals, change behaviour as needed, and plan future behaviour when faced with new tasks and situations. Executive functioning skills also enable us to inhibit inappropriate behaviour. Attention skills develop to enable us to focus on one thing when needed but also to switch attention to and from different tasks. These skills have clear implications for school and employment.

During the school years, there are marked improvements in children and young people’s ability to attend to information gained from the environment, to combine it with existing knowledge and to use this to solve problems flexibly and make sense of their experiences. Children and young people become more able to concentrate on the most relevant information, their ability to remember key information improves, and they become more flexible in creating, using and monitoring strategies to achieve complex goals. At the same time, children and young people also become faster, more efficient, and more knowledgeable about a whole range of things that help them to process the information around them in a more effective way. With development and different experiences, children and young people gradually learn more about the world and they can apply this knowledge in various situations. They also become more able to apply their creativity and independent thinking.

Developmental Journal

Thinking continued

Memory

This area covers different things children and young people have to remember and the different ways they might do this. Short-term memory can often be assessed by asking children and young people to remember pieces of information presented in a sequence – for example, a list of numbers or positions on a board. Executive working memory comes into play when we have to remember information and do something with it – for example, repeat a list of numbers backwards. As they develop, children and young people can remember more pieces of information.

At school and home, we come across lots of stories; these might be in books or things that other people tell us about. Therefore our ability to remember this type of material is really important and includes remembering fine details, take-home messages and sequence of events.

A range of different memory strategies can be used to improve recall, and these develop with age. It's important to remember that memory skills and use of strategies vary between different individuals and with age.

How does this apply to us?

Developmental Journal

Thinking *continued*

Executive functioning

Every activity from a toddler putting two or three words together, a young child learning the alphabet in order, a child in Key Stage 2 doing their first independent project, an 11-year old using public transport by themselves, a 15-year old staying in step with their peers, to an 18-year old applying to university, involves executive functioning skills.

Attention is fundamental to learning and includes many different components: concentrating on a particular task for a relatively long period of time, ignoring irrelevant information and switching attention from one task to another. In everyday life, particularly during complex or demanding tasks, we often need to rapidly switch our attention from one thing to another and back again. Being flexible enough to switch attention where necessary and back again is an important and useful skill. We also need to be able to inhibit automatic responses – in other words, the capacity to stop doing or saying something despite wanting to. The ability to think ahead and plan is important for everyday life – for example, arranging a trip to the cinema - and within the school environment – for example, writing an essay.

Being creative and flexible in our thinking involves being fluent with both words and ideas. Verbal fluency is the term used to describe the rate at which someone can produce words within a given category of items such as foods or animals, and involves conscious mental processing. Measuring fluency of ideas often looks at how good people are at developing new and original ideas - for example, listing different ways to use a brick or newspaper.

How does this apply to us?

Developmental Journal

Thinking *continued*

Creativity

When thinking about creativity, typically we think about arts and crafts activities, music, dance or drama. Children and young people can also show creativity in a variety of other ways – for example, in storytelling, when playing and how they come up with solutions to problems. Thinking creatively in tasks such as these may have many benefits such as developing an interest in discovering things for themselves, being open to new ideas, working well with others and learning effectively.

Despite being so varied, projects that require children and young people to be creative have many things in common. They often involve skills such as researching, planning, changing something if it doesn't work and evaluation, as well as the actual creation of the end-product.

How does this apply to us?

Knowledge of the world and problem-solving

Through schoolwork, play, hobbies and home-life, children's understanding of the world rapidly grows. This enables them to predict and anticipate events and apply logical problem-solving and reasoning skills. Children and young people become aware of issues in their community and wider society and begin to form opinions and arguments based on evidence, and are aware of different viewpoints on the same matter.

How does this apply to us?

Developmental Journal

Thinking continued

Use of technology

Technology is increasingly important and part of everyday life. Children and young people may be able to use the internet on smart phones, tablets and computers along with watching the news or documentaries on the television to find out information. Children and young people should also be aware of the limitations of technology.

How does this apply to us?

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Step S1



Developmental Journal

Summary of development during Step S1

Personal, social and emotional

Relationships earlier in development affect how children act and feel now. Although children still primarily view relationships from their own perspective, they are beginning to understand ways to maintain good relationships – for example, through listening, supporting and caring. Children often have preferences at this stage for some peers over others – for example, they may often choose to play with the same small group of children when playing at school or community groups.

At this point in development, children tend to have vivid imaginations – for example, imaginary friends exist in around two thirds of children up to the end of Key Stage 1. These ‘friends’ offer help when troubled and take the blame when things go wrong; they help the child explore difficult feelings and relationships. Similarly, many children confide in their pets and view them as ‘friends’ who understand them.

At the beginning of this Step, children may report preferences for others that they see as similar to them. However, they do not necessarily think negatively of people they see as different to them. This emphasises the importance of valuing diversity and things that they may also have in common with others in order to deepen children’s understanding and respect of groups that may differ from their own.

Through their many interactions with other children and adults, children develop a wide repertoire of social skills. During play, children are learning to negotiate and how to share resources with others. There are also lots of informal rules that children pick up along with formal school rules about how to behave towards others.

Children are learning to understand emotions in more complex ways than they did previously. They are increasingly aware of their own characteristics and feelings and are able to use more complex language to express these. They are also more able to understand that another person’s emotions may differ from their own and act accordingly.

Understanding that other people may have different views, ways of living and beliefs to their own is a very important ability for children to develop. This can be encouraged at home and school through pretend play, reading and listening to stories, talking about events, engaging in multicultural activities, group work, team sports and games. Such experiences enhance children’s ability to take the perspective of another person and develop their understanding of why people act as they do. They also discover that people do not always say exactly what they mean.

In this Step, children tend to identify with others of the same gender. Toys play a part in helping children to understand gender roles. Try providing toys that challenge traditional male and female stereotypes such as giving girls the option to play with toy cars.

How does this apply to us?

Developmental Journal

Summary of development during Step S1 continued

Communication

In this Step, children show signs of monitoring their own understanding; they can pick out the most important pieces of information when others speak to them, and if they don't understand they can ask appropriate questions so the information is clarified. They can also often listen effectively whilst doing other simple tasks.

Children learn to speak confidently, listening to other people carefully and taking their needs into account. They can discuss things that are important to them in groups with other people. Conversations also become more two-way and less dominated by just what the child wants to talk about! Children can communicate effectively about their own experiences and use language imaginatively – for example, when telling stories. Children's growing knowledge of story conventions helps them in understanding stories told to them, thinking about what might happen next and also telling their own well-structured stories.

When children enter this Step, they may still find some speech sounds tricky; however by the end of this Step, most children will have acquired most speech sounds, although there may still be occasional errors with longer words and consonant clusters – for example, 'thr' in 'three'. Their awareness of sounds in words will also be growing – for example, they will be able to identify and come up with rhyming words and break words into their individual sounds. As well as being really important for being able to say words properly, this also helps children in their reading development.

The structure of children's spoken language and vocabulary becomes more complex as they develop. Their sentences may contain multiple phrases, and adjectives are used to make sentences more interesting and descriptive, although sometimes their sentences may be quite long and tricky to follow. Children's vocabulary increases at dramatic rates, learning both everyday language and new words specific for topics at school. Although this may be confusing for them at first, children become aware that some words can sound the same but have different meanings

As adults we sometimes use quite advanced vocabulary, however it is important to use the right level of language for children – for example, using words they are familiar with and using sentences only a couple of words longer than the sentences they produce. At the same time it is important to provide opportunities for children to hear and participate in more extended and advanced language experiences. This encourages their inclusion in group and family ordinary life.

Games like I Spy can be played anywhere, in the car, waiting for a bus, in the house. This emphasises the initial sounds of words to children and by giving clues, highlights properties of items e.g. "it begins with a C and it's white and fluffy" for 'cloud'.

Developmental Journal

Summary of development during Step S1 continued

Asking open-ended questions – for example, “What are you painting?” rather than “Are you painting a house?” – encourages children to use their communication skills. It can also be helpful to sometimes make comments rather than direct questions – for example “Wow! That’s a lovely picture. You’re better at painting than me!” This can be more natural, keeps the child’s attention on the task and doesn’t make children feel like they’re answering questions all the time.

How does this apply to us?

Physical

As earlier in development, play is really important for learning and involves lots of body control and coordination. This includes using fine motor skills in activities such as drawing and using whole body movements in physical play. Formal learning in the classroom also includes a wide range of ‘hands on’ practical activities - for example in maths, science and art. These control and coordination skills remain important for learning throughout a child’s education and development.

Children are more able to do ‘fiddly’ tasks using their fingers and thumbs – for example threading beads onto a string. This also means they are getting better at using tools – for example, cutting out more neatly and colouring in without going over the lines.

Children are able to dress and undress themselves managing most types of fastenings. They may still find things like shoelaces a bit tricky. They can also understand the importance of keeping clean, being active and eating healthily. They are also able to explain some of this knowledge – for example, why it’s important to keep clean – and carry out tasks that fit in with this – for example, brushing their teeth without being reminded all the time!

Children tend to enjoy physical activities at this age and this can be a way for them to explore and learn about the world, as well as express themselves. Children will typically be beginning to show some awareness of rhythm and different types of music. They may be able to move parts of their body to the beat in a piece of music or clap along to a drumbeat.

Taking part in team sports is not only fun but also encourages good team-working and co-operation. Their proficiency in different sports will also be increasing.

Developmental Journal

Summary of development during Step S1 continued

Their ball skills will be improving – for example, they can play football more accurately and use a bat to hit a small ball. Children are able to repeat simple actions and put these in a sequence– for example in a dance routine or learning a technique for a new sport. If, and how well, children acquire some of these skills will depend on opportunities to engage in these activities as some physical skills need to be explicitly taught – for example, swimming and cycling. Research has shown that regular participation in physical activity in childhood is linked to later participation. It is therefore important to encourage such activity early on to encourage the benefits that come with long-term physical activity, which include increased social, psychological and physical well being.

Some children will need more time and support to learn new physical tasks than others. Try encouraging children to monitor their own performance and think for themselves about what they need to focus on to achieve success. Children should be praised for effort as well as achievement.

Going to parks is a great way for children to use and develop their physical skills, especially their whole body skills through running, hopping and skipping. Using playground equipment requires children to use their co-ordination, agility and balance skills, and it's also important that they enjoy and use the equipment in a safe way.

There are also lots of fun 'rainy day' activities you can do to promote physical development, especially fine motor skills. Doing dot-to-dot puzzles or having colouring books around the house may help children's pencil skills. Playing with clay or dough is also fun and allows children to explore shapes, weights and textures.

How does this apply to us?

Developmental Journal

Summary of development during Step S1 continued

Thinking

During this Step, children's memory is at a stage whereby they can understand and remember simple stories. However, this is limited to remembering the overall message and not necessarily the ability to recall non-essential detail. Children may also 'fill in' with invented detail. It's important to remember that any problems with language can affect a child's recall and children may demonstrate their knowledge in a number of different ways – for example, by re-telling the story, answering questions about the story or using pictures to represent the story. During this Step, children tend not to use many memory strategies. To help them remember sequences, children might say them aloud over and over again. However not all children will be doing this at this stage.

From the early days at school, children are expected to follow instructions, sit still, keep quiet when asked and behave in a thoughtful way, and this becomes increasingly important as they progress through school. During this Step, their ability to focus and sustain attention will improve quite a lot, although they may still get distracted at times. Inhibition is one of the earliest executive functioning abilities to appear, and this helps the ability to sit still and concentrate for short periods of time. Forward planning also develops in this Step so children may be able to plan what they need to do for simple activities – for example, show and tell at school or getting ingredients out prior to starting to make a basic recipe. However at this Step, children may be relatively slow at switching or they may want to stay with one way of doing things.

Children gain a lot of factual knowledge about the world with the start of formal full-time schooling – for example, learning how to tell the time and using language associated with this. They build on their early childhood experiences of investigating objects around them and explore how familiar things work and talk about their ideas. It's important to encourage children to think imaginatively and talk about what they like and dislike when designing and making things. Children tend to be very creative and can come up with highly original ideas. You can promote this by encouraging children to question things and think about different possibilities and discussing with them different ways of solving problems or challenges.

In everyday life, we are used to sorting objects for different reasons and using different criteria – for example, when tidying up, you might put all books away on a bookshelf, DVDs in a cupboard and clothes in wardrobes. This is less automatic for young children but they can be encouraged to think about the different properties of objects and how they can go together. Toys can be sorted according to their type and this can be more or less detailed – for example, sorting into vehicles, building blocks, animals or sorting into cars, lorries, planes, ships etc. Helping to put the food shopping away can also be an opportunity for learning as different types of food has to go in different places and also involves thinking about the different shapes when in stacking things.

Games like musical statues can challenge children's attention, especially if you try and distract them by saying their name or clapping your hands. With age, children will be able to remain still for progressively longer periods of time and ignore attempts to break their concentration.

Developmental Journal

Summary of development during Step S1 continued

There are different ways you can observe and encourage your child's memory. After reading a story to your child, you could ask them to tell you what they remember. You can leave pictures for them to look at if there's no text on the same page. 'Kim's game' can be used to develop visual memory skills and the use of strategies. Different objects are placed on a tray and after the child has been given some time to look at them, the tray is covered up and children are asked to say what was on the tray. To try and encourage the use of strategies, you might want to do this with two categories of objects – for example, fruit and toy vehicles.

How does this apply to us?



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Relationships

Shows awareness of different kinds of relationship through play – for example, playing with daddy and baby teddies

Shows contrasting aspects of relationships through play – for example, happiness/sadness, trust/mistrust, like/dislike

Understands different ways that family and friends should care for one another – for example, shows this in everyday life, talks about it, demonstrates it in play

Has a basic understanding of what friendship means, though it tends to be one-way rather than reciprocal – for example “a friend is someone who helps you”

Is usually able to deal with separation from parent or caregiver - for example, at the beginning of the school day, does not cry inconsolably but says goodbye and joins in with school activity

Greets parent or caregiver at the end of the school day in an affectionate, cheerful way



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Relationships continued

Forms new relationships with adults, such as teachers and classroom assistants, as well as peers

Shows preferences for some peers over others – for example, may choose to play with some children more than others

Bargains and compromises in social situations - for example, if another child has a toy they would like, they may offer to swap

Can identify bullying and knows it is wrong

Shows some understanding and awareness of other children's viewpoints – for example, takes account of somebody else's ideas about how to organise their activity



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Emotions

Shows understanding of emotions using toys, pets, imaginary friends or through characters in books, drama or the media

Understands basic feelings of others like sadness and anger – for example, may communicate that they think a friend or book character feels sad using words or pictures

Knows that people sometimes display emotions they don't always feel - for example, someone may look happy even though they feel sad

Can sometimes manage own emotions - for example, when upset about something, knows that it is not appropriate to have a tantrum at school



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Views, values and identity

Describes self in terms of physical characteristics – for example through words or drawing pictures of themselves

Describes self in terms of simple personality characteristics – for example, “I am happy” or “I am brave”

Expresses a basic concept of self-esteem - for example, “I am the best painter!” or “I’m helpful, aren’t I?”

Expresses own views and opinions simply – for example, about fairness and sharing

Shows awareness of belonging to a particular ethnic or cultural group and can distinguish between own cultural group and others

Shows awareness of gender identity - for example in describing a range of ‘gender typical’ behaviours



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Well-being

Understands about possible danger in household products

Knows how to keep safe in familiar situations – for example, crossing the road

Seeks help from others in risky situations

Recognises and avoids risks during physical play activities

Independence

Takes initiative in addressing issues that directly affect themselves and peers - for example, by taking on roles of responsibility in the classroom

Equality, diversity and cohesion

Understands and talks about differences and similarities between people, families, communities and traditions



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Listening, understanding and reasoning

Lets you know when they haven't understood – for example, may ask "What's the difference between fiction and non-fiction books?"

Understands and follows complicated three part instructions - for example, "Wash your hands then come into the kitchen to choose a snack"


Focuses on the key points and pays less attention to the less important information in a question or instruction


Sentence building

Links phrases together using words like 'because' and 'so' to help explain or justify an event - for example, "It was scary because even the man with the dog looked worried, so we decided to get out of there."

Asks lots of questions to find out specific information including 'how' and 'why' - for example, "How do we know burglars can't get in?"

Uses an imaginative range of descriptive words in sentences - for example, "Suddenly, he saw a huge hairy creature."

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Speech sounds				
Identifies end sounds in words				
Identifies more complex rhymes – for example, 'happy' and 'snappy'				
Splits up short words into sounds - for example, 'd-i-nn-er'				
Counts syllables in words - for example, knows that 'cat-er-pill-ar' has 4 syllables				
Vocabulary				
Compares words regarding the way they look, sound or mean - for example, how 'bare' and 'bear' sound the same but have different spellings and meanings				
Can 'guess the word' when provided with clues using shape, size and function - for example, "A wild animal, grey and quite fat with thick skin, it isn't an elephant, it has a long name and starts with 'h'"				
Uses newly learned words in a specific and appropriate way - for example, "Do you know what symmetry means? If you draw a line down a shape and it's exactly the same on each side of the line, then it's symmetrical."				

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Storytelling and narrative				
Describes their own experiences in detail and in the right order when talking about a holiday, weekend activities or visits				
Begins to be aware of what the listener knows already and makes checks while telling a story - for example, "You know Mr Jones, he's our caretaker, he always wears a hat, well he wasn't in school today..."				
Accurately predicts what will happen next in a story				
Exaggerates in an implausible way, to make stories more exciting - for example, "Last year on my summer holidays, I made the biggest sandcastle in the world."				
Tells a story with important key components in place i.e. sets the scene, has a basic story plot and a logical sequence of events				
Social interaction				
Takes turns to talk, listen and respond in groups				
Uses language they hear other people using and is aware of some current peer language				



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Fine motor skills

Turns the page of a book with one hand

Attempts to use a range of tools – for example, using scissors with some degree of accuracy

Uses thumb and first (index) finger to pick up and handle small objects – for example, threading beads on a string

Moving in the environment

Transfers weight from one body part to another showing stability and balance – for example, can stand on one leg easily

Makes strong, controlled movements with upper and lower body in order to move – for example, when swimming

Rides a bike with some control

Catches a small soft ball

Kicks a football with some accuracy

Uses a bat or racket to hit a small ball, although this may not go very far



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Moving creatively

Moves parts of body in time to different sounds – for example, spontaneously taps feet to the sound of drums

Stops and starts body movement in response to interrupted sounds, rhymes, songs and/or music

Changes speed and type of body movements in response to different tempos, rhythms and types of music


Moves whole body and controls arms and legs to dance and perform simple gymnastics

Self-care

Knows the importance of physical exercise to good health

Knows the importance of a healthy diet to good health

Follows safe procedures for food safety and hygiene – for example, washing hands before baking

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Memory				
Remembers three spatial positions in the correct sequence				
Repeats a four digit number sequence – for example, '7, 9, 1, 6'				
Repeats a two digit number sequence in reverse order – for example hears '8, 4' and responds "4, 8"				
Remembers simple stories but this is mainly limited to the general gist. May not remember detail correctly - for example, names of characters and what they were wearing - and the sequence may not be logical				
Executive functioning				
Comes up with at least 8 words within an easy category when asked to – for example, when naming as many animals as they can				



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Executive functioning *continued*


Suggests one or two original ideas when asked to think of different uses for an object – for example, different uses for a brick


Focuses attention on a task but may become distracted by other things in the environment – for example, tends not to touch things when asked not to but may need some reminding


Sits still and concentrates for short periods of time

Doesn't call out or talk when required not to do so, but may need some reminding

Plans simple activities – for example, takes in something for 'show and tell' at school

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Creativity				
Comes up with original ideas in lessons and at home – for example, when doing arts and crafts activities				
Cuts out a range of shapes in different materials – for example, paper, cardboard, fabric				
Knowledge of the world and problem-solving				
Understands the simple physical properties of a variety of everyday materials - for example, if they are bendy or soft				
Knows and compares the uses of a variety of everyday materials – for example, wood, metal, plastic, glass, rock and paper				
Finds out how the shapes of solid objects made from some materials can be changed by squashing, bending, twisting or stretching				

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Knowledge of the world and problem-solving <small>continued</small>				
Understands descriptions of dates and times of the year, including days of the week, weeks, months of the year and years				
Understands descriptions of chronological order – for example, before, after, next, first, today, yesterday, tomorrow, morning, afternoon and evening				
Recognises coins and notes of different values				
Understands the language associated with probability – for example, certain, equally likely, unlikely, impossible				
Recognises what they have done well and what they could do better in a range of activities – for example, drawing, painting, reading a book				

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Knowledge of the world and problem-solving <small>continued</small>				
Tends to accept and follow simple rules, although they sometimes may forget – for example not running in corridors, being quiet in a library				
Tells the time to 5 minutes including to the hour, half past the hour and quarter past/to the hour				
Use of technology				
Uses technology to find information				

Special events and achievements:

Developmental Journal • Step S1

Need more sheets? Add as many as you want

Questions we want to ask:

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Step S2



Developmental Journal

Summary of development during Step S2

Personal, social and emotional

At this phase of development, children are acquiring a wider network of friends and acquaintances within the peer group. Children appreciate the two-way nature of friendship more and value qualities such as trustworthiness and fairness in others. Some friendships may be close and involve intense emotions and disagreements. Resolving problems in relationships is an important skill throughout life and children are in the process of learning how to do this.

Children are meeting people outside their school and family such as adults who work in their community, such as in their local shop, adults who run community groups or extracurricular activities and the children who attend them. Children can apply their social skills to these new situations, form relationships with new people and work effectively with them.

The experience of bullying and social exclusion is strongly related to emotional well-being at that point in time and also to the quality of relationships at later stages of development. At this Step, children are able to identify and describe bullying and its consequences. They are aware of some strategies to deal with bullying either when faced with it themselves or when seeing it affect others. This might include telling adults about what's happening, talking to their friends or participating in a buddy scheme.

As their horizons and experiences broaden, children develop a more complex understanding of emotions and, depending on their language skills, can describe these. They are also more able to take into account factors such as body

language and the surrounding context when interpreting other people's behaviour and emotions. Their ability for empathy is also increasing and children may try and offer help when others are upset or in difficulty.

Previously, most children would describe themselves using their physical characteristics, simple personality traits or overall statements about their ability in a limited number of activities. Now, how children view themselves incorporates a wider range of factors and more detail. This then feeds into their self-esteem. They also have their own opinions and views on lots of different things and are able to discuss these confidently with others who may have different views.

Some children may need help and support in forming relationships in the form of social skills training. These children may find it difficult to play co-operatively and nicely with other children or they may spend a lot of time playing by themselves. Reading stories that focus on friendship and emotions can make children aware of different types of relationships, what is important in friendships, how to solve arguments, and why people might feel certain ways. You can use stories as a starting point to discuss with your child what qualities and behaviours they think are important in a friend or how they might manage certain emotions.

It can be valuable to talk to your child about how to deal with worries. Some worries and anxieties are justified and can be useful – for example, about tests or starting a new school. However some worries are not useful and need to be challenged. In both scenarios, it's important to make sure your child knows you take their concerns seriously.

Developmental Journal

Summary of development during Step S2 continued

Starting at different schools, including the transition to next stage of schooling, presents children with new social environments. It's important that children prepare for this change and feel supported in order to help them feel positive about it. If your child is nervous about this change, then encourage them to talk to you, their friends and their teacher. You can also talk with them about other life events that have happened to them, their outcome and how they felt – for example, starting primary school, a younger sibling being born or moving house.

How does this apply to us?

Communication

Throughout development, children become increasingly aware of how and why language may change in different situations and can use language for a variety of different reasons. This means that they learn to vary their vocabulary, grammar and body language according to different contexts. In relatively formal situations – for example, talking to adults such as teachers, librarians, shop-keepers, parents of friends – children may use quite different language to that used with friends, siblings or cousins.

Children are now using more sophisticated vocabulary and grammar, and the way they structure their sentences becomes easier to follow. Their sentences increase in length and they may link phrases within one sentence using words such as 'therefore' or 'meanwhile'. By the end of this Step, most children will have mastered the tricky grammatical rules associated with word endings in English and will only be making few errors. Children's knowledge of words is also growing; not only do they know more words, they also know more about them. This means that if you ask them to explain what a word means, they can often give a good dictionary-style definition and may be able to say what other words mean similar things.

In this Step, children are better able to identify the really important information and main points from discussions, television programmes, school lessons, books or films. They will often be able to provide a quite concise and accurate summary of what they have learnt.

When recounting experiences and telling stories, children use different tools in order to engage people – for example, humour, using persuasive language, exaggerating and rhetorical questions. When telling stories, children may include a subplot – details that relate to, but aren't crucial for, the main plot. They can also communicate this information clearly and effectively to others.

Developmental Journal

Summary of development during Step S2 continued

At this Step, children are beginning to understand figurative language, but they may not be able to completely explain their understanding. So, they might know that some sayings don't reflect their literal meanings – for example 'making a mountain out of a molehill' – but may not understand their figurative nature.

Sometimes children don't like to say when they're struggling or when they don't understand. It's important to create an environment in which children feel comfortable in asking for clarification – for example, by always responding positively when they, or others, ask questions by saying "That's a really good question...."

Through interaction and communication with others, children will be learning about other people. Sometimes they may need things explaining to them, so it might be helpful to have conversations about how someone feels, why they might feel like that and how that might affect interacting with them.

Museums and galleries are often free and have lots of interesting things to see and do for both adults and children. For this reason, they can provide lots of talking points. Museums sometimes have their own 'treasure trails' for children but you can easily make up your own too – for example, asking your child to search for the oldest thing, the strangest looking item, their favourite thing etc.

How does this apply to us?

Physical

Development during this Step builds on fundamental movement skills that children have mostly acquired but that are now becoming more refined. Children typically take part in a wider variety of activities providing greater chances for practice and development. This development will depend to a greater extent on the opportunities the child has, and decides to take, for being taught and practising certain skills – for example, learning to play a musical instrument.

Children are increasingly able to take responsibility for most aspects of self-care including dressing and undressing, using small, fiddly fastenings and showering or bathing. They are also able to make choices that fit in with a healthy lifestyle – for example, sometimes choosing to snack on a piece of fruit rather than chocolate or crisps.

Children are becoming more able to carry out complicated tasks with their hands in a gentle and careful way – for example, when threading a needle. This also means they're able to use a wider range of tools – for example, different pieces

Developmental Journal

Summary of development during Step S2 *continued*

of kitchen equipment. They can now be able to use a pen to draw and write neatly without making too many mistakes. Children can also engage in problem solving and investigation using hands and tools to use materials, make changes and test out an idea – for example, cooking activities.

Children's ability at different sports will be building on that already acquired but becoming more accurate and including a wider range of techniques and strategies. When playing catch, children are able to both throw and catch accurately and consistently, or when riding their bike they shouldn't fall off very often! If taught to swim, children's skills will be reasonably advanced with knowledge of different strokes. In sport, children may be able to apply their knowledge and skill in a tactical way – for example, by choosing the best person to pass to in a team sport or by pacing themselves in a long race. Children can also apply their movement skills to new environments – for example, a new piece of equipment at the playground.

Co-ordination of the whole body is developing and children may be able to demonstrate basic choreography skills by putting together a series of simple whole-body movements to a piece of music. At first, this may be just a few different actions repeated. Dance is a great way for children to exercise and express themselves. They may enjoy choosing their own music and making up their own routines. They may participate in different multi-cultural and world dance activities. If they do this in a group, it also develops their team-working and communication skills.

Being outdoors is something many children like and it helps to develop their movement skills. Children will still enjoy going to the park or playground but now is also a great time to get them involved in activity trails out and about, such as looking out for different wildlife or plants, treasure hunts, or even orienteering.

Little and often is the best way to learn – for example, if your child has to do handwriting practice then try to do this for a few minutes most days rather than one long session a week. Like when learning most new skills, practice should be varied, engaging and fun, focusing on meaningful tasks that the child can relate to and understand.

How does this apply to us?

Thinking

During this Step, there are rapid improvements in the ability to choose where to direct attention and stay focused. This means that in the classroom, children are more able to be quiet and concentrate without being distracted. This also applies to other situations such as going to museums or art galleries, at a place of worship, when someone else is talking or when doing homework. Children will also be better able to switch their attention from one thing to another and back again as required. Again, there will be considerable variability between children and motivational factors will affect how successfully they can resist distraction. Planning skills also increase during this Step, with greater awareness of the

Developmental Journal

Summary of development during Step S2 continued

necessity of time management. This comes in useful as homework demands increase and children carry out relatively lengthy projects for school.

As children further develop, their ability to recall more complex and detailed information in stories and the order in which things occurred improves. These developments help children better understand stories. They may demonstrate their increased understanding in a number of different ways – for example, by re-telling the story, answering questions about the story or using pictures to represent the story.

Visual and spatial short-term memory develop rapidly from approximately 8 years of age. As children develop and grow in knowledge and experience, they start to discover and use a larger range of memory strategies. For example, children may realise that they need to remind themselves to do things, and they may try different methods of improving memory performance. One memory strategy is to categorise pieces of spoken, written or visual information into logical groups; although limitations in use of this strategy may be seen in children with language difficulties. For example, if asked to recall the words 'car, apple, train, banana, boat, orange' a strategy may be applied which groups these words into the two categories of 'fruit' and 'transport'.

Children's concept of 'fairness' is developing and this will be having a greater influence on their behaviour. They are beginning to understand that situations aren't always straightforward and sometimes it's important to consider the surrounding context and events. Children can also express their opinions about situations that they see as fair and unfair.

If your child finds it difficult to forward plan or sustain attention during activities, it may be helpful to create a visual prompt such as a flow chart. This can be used

for lots of different things such as recipes, how to plant a flower or doing a papier-mâché model. This provides a concrete reminder of the task and breaks it down into smaller, more manageable chunks. At the beginning of the activity, children can look ahead to all the steps and prepare for them in advance – for example, getting out the necessary ingredients for a recipe.

Creativity at this age might move from traditional arts and crafts activities to other domains such as cooking, gardening, drama clubs or science experiments – for example, you can get lots of kits ranging from making your own volcano to creating bath bombs. If your child enjoys music, they can experiment with trying to play different instruments. Some schools may have a range of instruments to try, as may community groups.

How does this apply to us?



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Relationships

Understands more complex aspects of friendship – for example, that friendship is two-way and friends help each other

Shows an awareness of qualities important for relationships in other people – for example, being fair or trustworthy

Identifies different types of relationship – for example, marriage, different family structures and friendship

Deals with being away from home without distress - for example, when on overnight school trips or on sleepovers with friends

Forms new relationships outside the family and school - for example, with adults and peers at a community group

Chooses friends on basis of shared interests and values



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Relationships continued

Turn-taking in play becomes more reciprocal – for example, if another child shares a toy with them, they are likely to 'return the favour' and share one of their toys

Plays fairly and cooperatively – for example, in team sports, informal games and online gaming

Works cooperatively outside immediate friendship group

Expresses their understanding about how their actions have consequences for themselves and others

Develops a more complex theory of mind – for example, understands how someone might feel if they were having difficulties in relationships

Reflects on the ups and downs of relationships and is aware of relationship difficulties like rejection, neglect and exclusion



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Relationships continued

Understands why friends fall out and can think of ways in which they, or others, might resolve their difficulties

Shows resilience (can cope and 'bounce back') when faced with personal difficulties in relationships

Shows helpful and caring behaviour when faced with bullying – for example, buddies vulnerable children outside immediate friendship group

Works or plays together with other children with little adult supervision

Organises group activities or games

Recognises the worth of others - for example, by making positive comments about siblings, friends or classmates, showing appreciation for a kind deed



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Emotions

Shows understanding of complex, opposing feelings - for example, that a person can be happy to visit someone in hospital while also feeling sad that the person is ill

Understands a range of emotions such as jealousy, unhappiness, anger and annoyance

Understands the importance of relevant cues such as body language and situation for interpreting emotions

Understands concepts such as 'rival' and 'enemy'

Demonstrates understanding about why a person might behave and how this changes their own feelings about that person - for example, may be less upset that a friend didn't want to play with them if they knew they felt unwell



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Views, values and identity

Shows awareness of judgements of self by others

Recognises their own worth - for example, by making positive comments about themselves

Interested in other people's values – for example, spiritual/religious beliefs and cultural and other identities

Expresses their views confidently – for example, in speech, writing or through actions

Has their own opinion about what is fair and unfair in different situations

Understands that you sometimes have to take someone's situation or needs into account when deciding what is fair

Describes their own personality with some detail or complexity – for example, "I am usually a happy person", "Sometimes I get sad" or "I try not to be selfish but sometimes I find it hard"



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Well-being

Knows some factors that affect emotional health and well-being – for example, exercise

Is aware of the risks involved in forming online friendships

Is aware of ways to resist negative peer pressure around issues affecting their health and wellbeing

Adopts positive ways to face new challenges

Is aware of some of the bodily and emotional changes at puberty, and can adjust to these in a positive way

Can manage risks in different familiar situations – for example, around personal safety



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Independence

Takes initiative in addressing wider issues that affect themselves and a larger group of others - for example, by taking on roles of responsibility in school council

Has some basic understanding of how they will develop skills to work in the future in simple terms

Can manage small amounts of money – for example, may be able to save for a short period of time

Equality, diversity and cohesion

Understands benefits of getting to know people from outside their immediate environment – for example, online friendships, penpals, taking part in inter-cultural activities

Is aware of some of the range of different beliefs and values in society

Responds to, or challenges, negative behaviours such as discrimination, inequality, stereotypes and aggression



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often


Notes

Listening, understanding and reasoning

Understands different question types – for example replies with detail to open questions such as “What did you do at school today?”; replies with yes/no answers to closed questions such as “Dinner is going to be a bit later today, do you want an apple as a snack?”; knows rhetorical questions do not require an answer such as “How many times have I told you not to talk with your mouth full?!”

When they don’t understand something, is specific about what additional information they need – for example, “So what number do we put the oven on? Are we using centigrade or gas mark?”

Make predictions about what might happen from what people say – for example, “Now, kids, I’m going to count to 10”, knows that this means mum is getting cross and if they don’t stop messing around, they might end up in trouble.

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Sentence building				
Uses complex sentence structures and more complex joining words – for example, ‘meanwhile’ or ‘therefore’				
Can talk using sentences of around 7-11 words, though during conversation and discussion, shorter phrases are usually used				
Explains some rules of grammar and knows when a sentence is not grammatically correct				
Uses a range of regular and unusual word endings, with few errors being made – for example, fought, fell, brought, geese, fish				
Speech sounds				
Uses words with three consonants clustered together – for example, ‘splash’				
Uses words with lots of syllables – for example, ‘cauliflower’, ‘helicopter’				



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Vocabulary


Uses sophisticated words but the meaning might not always be accurate – for example, “I had to co-operate really hard to get the work done.”


Learns new, specialised vocabulary – for example when learning about specific topic areas at school

Uses more objective and clearer definitions of words, as you might find in a dictionary - for example, for the word ‘excited’ definitions such as “when it’s Christmas or my birthday” will develop into “it means eager or thrilled”

Understands that some words have more than one meaning and can explain this

Uses more interesting and complex vocabulary when prompted - for example, ‘immense’ instead of ‘huge’ or ‘stagger’ instead of ‘walk’

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Storytelling and narrative				
Tells elaborate and entertaining stories which are full of detailed descriptions				
Uses detailed everyday language about experiences that may have happened some time ago or are planned for the future				
Includes a subplot in telling stories and recalling events, before resolving the main storyline				
Explains the rules of a game, instructions or a sequence of events in a simple but accurate way				
Social interaction				
Keeps conversations going with a range of people in different situations, by making relevant comments or by asking questions				

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Social interaction <i>continued</i>				
Sees someone else's point of view when having a discussion				
Changes the style of their language to suit the situation and the listener - for example, "Hey, how you doing?" to greet a friend and "Good Morning Mr Smith" to greet a teacher				
Negotiates with friends and others to resolve conflicts by explaining options and outcomes				
Understands sarcasm when it's obvious - for example, "You've knocked over my favourite vase. That was really clever"				
Recognises simple 'sayings' but can't really explain why they're funny or what they mean – for example 'pulling someone's leg'				
Enjoys jokes based on double meanings though they may not always be able to explain them – for example, "What do you get when you cross a snowman with a vampire?" Answer: "Frostbite"				
Is aware when someone doesn't understand and tries another way to get information across				



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Fine motor skills

Uses thumb and first (index) finger to pick up and handle very small objects and tools, using two hands together in an intricate way where needed – for example, with fiddly construction toys

Performs delicate tasks with appropriate control – for example, threads a needle

Uses eating utensils to cut and manipulate food with no mess

Controls a pen using thumb and first (index) finger to draw shapes and join letters

Uses multiple fingers independently to type on a keyboard



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Moving in the environment

Controls whole body to move around quickly and safely in the environment with co-ordination – for example, runs with speed and runs up stairs

Swims using different strokes

Swims unaided over a distance of 25 metres

Rides a bike with more control, safely avoiding some obstacles

Catches a small tennis ball

Throws a ball accurately to a target or other person



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Moving in the environment *continued*

Dribbles a football with accuracy and sufficient force

Kicks a football with accuracy and sufficient force

Uses a bat or racket to hit a small ball with accuracy and sufficient force

Works cooperatively and in defence in fast moving team games – for example, when passing and tackling in football

Uses a series of basic whole body actions on the floor and on apparatus – for example, rolling, squatting, jumping

Works in pairs or small group to develop turn-taking in physical activities – for example, throwing and catching



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Moving creatively

Creates and repeats a sequence of body movements incorporating rhythm

Moves in co-ordination with others using small objects and equipment such as ribbons and hoops


Moves freely across a large space, negotiating the space including obstacles and people – for example, running, jumping, dancing

Self-care

Dresses self quickly and tidily, managing most fastenings on clothes, including small buttons and shoelaces

Bathes or showers and dries self with towel independently

Makes choices about how to develop healthy lifestyles - for example, choosing between different foods

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Memory				
Remembers stories with a logical sequence of recall, i.e. this happened, then that happened etc				
Remembers correct content of stories and tends not to include made-up content				
Remembers some non-central details of a story - for example, names of characters, what they were wearing				
Remembers more complex information in a story – for example, who, what, why, when				
When trying to remember things, organises separate pieces of information into related groups, although the number of categories created to aid memory may be few or prompting may be needed				



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes


Memory continued


Rehearses verbal lists of information silently


Remembers four spatial positions in the correct sequence


Repeats a five digit number sequence – for example, '1, 6, 3, 8, 5'

Repeats a three digit number sequence in reverse order – for example, hears '5, 3, 9' and responds "9, 3, 5"

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Executive functioning				
Comes up with at least 11 words within one category when asked to – for example, when naming as many animals as they can				
Suggests two or three original ideas when asked to think of different uses for an object – for example, different uses for a brick				
Sits quietly for extended periods of time				
Organises simple activities by themselves				
Is aware that they have to manage their time effectively				
Attends selectively to tasks and ignores distractions if motivated to do so – for example doesn't talk to their friends or call out loud when required not to do so				

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Creativity				
Works with a variety of materials and tools carefully, accurately and understanding how each can be best used – for example, paint, fabric, paper, dough, colouring pencils, cardboard				
When making or building something, is aware when something has gone wrong or can be improved – for example, when a house made of building blocks is a bit wobbly, understands that this might fall down so needs changing				
When doing activities, knows that steps have to be done in the right order – for example when baking or cooking, in a science experiment or planting in the garden				
Knowledge of the world and problem-solving				
Explores differences between materials – for example, floating or sinking				
Can arrange things by properties such as height and weight – for example, ordering a set of objects by size				

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Knowledge of the world and problem-solving <small>continued</small>				
Is aware of forces and how they affect objects - for example, gravity, friction, water resistance				
Knows the four seasons and weather associated with them in the UK				
Tells and writes the time to the nearest minute from analogue clocks (with a dial and hands) and 12 hour and 24 hour digital clocks				
Understands descriptions of different times of the day - for example, am, pm, morning, afternoon, noon and midnight				
Knows the number of seconds in a minute				
Knows the number of days in each month				

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Knowledge of the world and problem-solving <small>continued</small>				
Knows the number of days in a year and in a leap year				
Compares durations of events - for example, to calculate the time taken up by particular events or tasks				
Combines amounts of money to make a particular value				
Understands the importance of testing out ideas and can apply that knowledge when carrying out simple investigations themselves				
Use of technology				
Interprets information gathered using technology				
Uses technology to record observations, thoughts and experiences – for example, digital photos and videos				

Special events and achievements:

Developmental Journal • Step S2

Need more sheets? Add as many as you want

Questions we want to ask:

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Step S3



Developmental Journal

Summary of development during Step S3

Personal, social and emotional

The transition to secondary schooling is an important event in a young person's life. Those who are confident in their ability to learn and make friends may feel a bit anxious but typically deal with the transition well. Having pride in who they are and having strong identities and self-esteem also help. Children who feel less confident about learning, are shy or have difficulty relating to people may find the transition more challenging.

The transition from childhood to adolescence can sometimes bring about dramatic changes in how children view themselves. School transition, the onset of puberty and an increased concern with body image, belonging and acceptance by peers may also lead to a decrease in self-esteem. Children may also feel more anxious about relationships than previously but they may try not to let this affect them. If a friendship does end, then children are often able to reflect on this, cope and accept it. Children become more aware of the strategies they can use for dealing with feelings such as anxiety and worry – for example, by talking about it, exercising or taking some time for relaxation. Equally, it's important that children can identify and talk about their strengths and achievements as well.

In addition to understanding other people's emotions and offering immediate emotional support, children may be able to identify ways they can help practically either in that instance or to prevent the situation occurring again.

Risk, challenges and mistakes are part of everyday life. Every now and then, children will make mistakes; it's important for children to learn from these mistakes, not dwell on them and use them to change future behaviour. Some risk-taking is essential in life but it's important to evaluate risk in terms of the possible consequences and how likely it is that something negative may happen. It can be difficult for children to make these choices but they are becoming able to overcome peer pressure to participate in risky or unwanted behaviours while maintaining a positive attitude towards trying new things and broadening their horizons.

Children will probably be becoming more independent along with developing skills and behaviours that will help them prepare for adulthood. If children get pocket money or money for doing jobs round the house, then they will begin to be able to manage their money. This may involve simple budgeting – for example, knowing how many sweets they can buy with their money – and they may even save some money for a short-term goal – for example, going shopping with friends at the weekend or buying a new film or book that they've been waiting for.

Roles that involve taking on responsibility can help children develop transferable skills necessary for adulthood. This may be in school through a school council, a prefect system or mentoring scheme, in the community, in a religious setting, or at home.

If children find it difficult to resist impulses and wait for rewards, encourage them to set medium-term goals before building up to long-term goals – for example, finish their homework before they go out to meet friends – and to reward themselves if they stick to their plan – for example, allow themselves 20 minutes to watch their favourite TV programme.

How does this apply to us?

Developmental Journal

Summary of development during Step S3 continued

Communication

During this Step, children are better able to present information and their opinions in different ways according to the situation, audience and also depending on what they are trying to achieve – for example, using persuasive language if trying to bring someone round to their way of thinking. They also show an understanding of other people's language use and strategies.

In the later stages of childhood, there are changes in how children use language – for example, regarding how different language is used in different situations. When with friends, children may use slang, sarcasm and more informal language. However they can also use more formal language where necessary and adapt their conversational style to the setting and audience.

Children's understanding of vocabulary becomes more analytic as they use their knowledge of the structure of words to work out meanings. This might involve using prefixes (for example, 'un') or suffixes (for example, 'er'). This is really important as it gives children the tools to independently work out what unfamiliar words mean.

As well as an increase in the complexity of language they can produce, children can also understand more complex language – for example, longer sentences and instructions with lots of phrases embedded within them. Children become more able to understand implicit or subtle messages; this may involve using cues such as tone of speech, facial expressions and knowledge of the situation. This skill is really important because a lot of our communication depends on these factors.

Sometimes children and young people may need time to think before responding to questions, instructions or comments. It may be helpful to have a '10 second' rule, so they have 10 seconds to wait and think before they answer.

If you're not sure how well your child can summarise events or identify key messages, encourage them to talk about something they have recently seen or heard – for example, a recent episode of a favourite TV programme. Listen carefully to see if their description is easy-to-follow, clear and accurate (so it might help if you've seen it too!)

How does this apply to us?

Physical

During this Step, children may be entering puberty and there can be large changes in maximum performance levels in physical activities regarding strength, speed and accuracy. At this point in development, children are also becoming better at adapting their movements to more complex and changing surroundings. During sport, performing or carrying out physical tasks, children are able to plan, think about what they are doing, evaluate the situation and make decisions. They may think creatively about tactics, strategies and choreography and try out their own ideas with success. Children are more able to carefully and purposefully control their movements resulting in better performance – for example, when shooting or moving past their opponents in netball or basketball or other group sports.

Developmental Journal

Summary of development during Step S3 continued

There may also be increased opportunities for the development of sport-specific skills and participation in competitive activities. While some basic motor skills and competencies will be learned by most children, some more complex and/or specific skills often depend on significant amounts of practise and training – for example, playing a particular sport or musical instrument at an advanced level.

Children's fine motor skills will typically be well-developed at this Step and they will often be quite quick and automatic – for example, tying shoelaces. While out and about, children's physical skills allow them to safely move around when crossing a road, on public transport or cycling. It's also important that children can recognise any potential dangers whilst taking part in physical activities and can avoid or minimise these.

It can be beneficial for children to try different sports and physical activities, whether at school or outside of school. Discovering what they like to do at this age can help to set up lifelong hobbies.

If possible, children will benefit from taking on different roles during sporting activities – for example, being the referee, playing different positions within a team or coaching. This helps them develop a range of different skills and improves their knowledge about the game. Through doing this, they can also become aware of what roles they enjoy most and are successful at.

How does this apply to us?

Thinking

The move to secondary school brings lots of change, including an increasing emphasis on independent study, homework, assessments and long-term projects. Thinking skills can help children deal with this – for example, organizing the right things to take to school each day, time management for doing homework and remembering where to go for different lessons.

Children may now experience a wider range of subjects at school, especially in the area of Design Technology – for example, graphic design, resistant materials, textiles, electronics and food technology. This is a great opportunity for children to apply their creative thinking in different ways, explore and experiment with ideas, materials, tools and techniques and learn from mistakes. Depending on their interests, children and young people may develop expertise with using a range of tools and materials in their activity of choice. They may also gain knowledge about the subject as a whole – such as researching the history of an artist they particularly like or are learning about.

Developmental Journal

Summary of development during Step S3 continued

Some executive functions such as inhibition and switching attention seem to develop relatively early and are usually already at adult levels by this Step, whilst others, such as fluency of thinking and planning will continue to develop. When using strategies for remembering information, some categories may not be obvious and children might create their own 'new' categories by forming links between previous unrelated items.


Memory for stories will probably be well-developed now with children being able to remember lots of detail as well as the central message of the text. This may be reflected in their ability to answer questions about the story, discuss it and give their personal opinions.

Children can take a scientific and logical approach to a task. They may understand that outcomes of actions can differ sometimes and can think about the reasons why this might happen – for example, if something else in the environment is different. They can also interpret information and sources – such as written accounts in history, articles on the internet, newspaper pieces – and evaluate objectively how reliable these may be. More generally, they may sometimes make decisions based on fairness or on evaluated consequences rather than rules.

Thinking critically is a very important skill and increases in importance throughout schooling. This can be developed in a number of different ways. When children have just watched a film, seen a show or watched a new TV show, they could try writing down five things they liked and five things they disliked. It's also good for children to discuss these, and other, opinions. It's important for them to keep an open mind too - this can mean trying to see an argument from a different viewpoint or trying something new like listening to classical music or music from other cultures or trying an unfamiliar type of food.

If your child finds it difficult to manage their time – for example, fitting all their homework in – they can try making a timetable that details when they are going to do their work i.e. straight after school, later in the evening or at weekends. This is good practice for later and more intensive stages of schooling.

How does this apply to us?

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Relationships				
Evaluates the quality of their relationships within the family as well as within the peer group				
Understands the importance of having a variety of social and personal relationships and how these can impact on their lives and well-being				
May feel anxious about friendships sometimes but makes some attempt to cope with this				
Has a wide circle of friends, which may include online relationships				
If a friendship breaks-up, can be realistic about the quality of the friendship and is aware of the emotional effects of separation and loss				
Negotiates and compromises solutions within relationships effectively				



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Emotions

Aware of strategies for dealing with difficult emotions - for example, stopping themselves from getting too aggressive or trying not to worry too much about things they can't control

Appreciates that strategies for dealing with difficult emotions might be hard to carry out

Expresses empathy for others' distress through some form of appropriate practical action - for example, through asking peers to help

Aware of strategies for overcoming stress – for example, talking with friends and family



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Views, values and identity

Reflects on and evaluates their achievements and strengths in different areas of their lives

Is aware of the conflict between pressure to conform to the opinions of peers and the need to form one's own independent views

Is aware that active involvement is a valuable way of becoming involved in domains beyond the self, for example, through spiritual/religious faith or political/community action

Well-being

Although will sometimes go along with peer pressure to behave in particular ways, does show some ability to deal with it

Assesses and manages risks associated with personal lifestyle choices and situation, tries new ideas and face challenges safely



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Well-being continued

Recognises that external factors, such as relationships, achievements and setbacks, can affect emotional well-being

Knows the characteristics of good health and how to stay physically, emotionally and mentally healthy

Deals with prejudice, inequality and discrimination in an appropriate manner – for example, may challenge someone's actions or seek help and support from others

Independence

Is aware of the importance of becoming more independent from parents - for example, shows greater reliance on the peer group

Demonstrates an understanding of the concept of 'career' in relation to examples of people that they know – for example "my brother works in a shop and one day he wants to be the manager."



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Independence continued

Recognises their strengths, achievements and challenges and evaluates how these might inform future choices in learning and work

Is aware of the qualities, attitudes and skills needed for employability

Uses information sources to explore options and choices for learning and work


Demonstrates an understanding of different types of work, including employment, self-employment and voluntary work


Equality, diversity and cohesion


Is aware of more subtle differences and diversity and demonstrates respect and understanding towards others who live their lives differently from them



Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Vocabulary				
Defines more difficult words and give examples - for example, "Justice is about fairness and honesty, where the right thing happens. The law is meant to make sure that justice happens"				
Uses spelling rules and patterns in words to get clues to meaning - for example knows that 'un' often means 'not'				
Uses more difficult words when prompted in formal speaking situations – for example, in a formal situation: "Dan is incredibly arrogant"; with friends: "Dan is so full of himself – he's a pain"				
Confidently explains the meaning of words in different school subjects – for example, in Maths: 'quadratic equation', 'factorise', 'inequality'; in Science: 'respiratory', 'digestion', 'metamorphosis'				
Understands more complex words such as those ending –ment, -ity and –ship – for example, 'bewilderment' and 'hostility'				
Uses words in more and different ways - for example, 'bright kid', 'bright day', 'bright idea'				

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Storytelling and narrative				
Tells well-planned, complex stories with different elements, several subplots and plenty of detail				
Gives detailed explanations of rules, breaks down steps and describes events in more complex sequences				
Social interaction				
Understands and uses slang with peers				
Understands less obvious 'sayings' – for example, 'Rome wasn't built in a day'				
Notices and understands sarcasm with some clues – for example, the tone of someone's voice				
Responds to views different to their own in discussions				

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Social interaction <small>continued</small>				
Uses sarcasm as a way to interact with peers and familiar adults - for example, "Cool dance dad!"				
Thinks about how they might persuade other people, including what they'll say if other views are different from their own – for example, "I know you aren't into rugby, but there're a few of us going to watch it on TV and order in pizza – it'll be a laugh"				
Keeps a topic of conversation going even if the person they're speaking is less skilled at this				
When talking to others, pays close attention and asks questions to develop ideas				
Takes an active part in discussions, and shows understanding of the ideas of others				



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Fine motor skills

Uses input devices – for example, a computer mouse, a joystick and touchscreens


Safely uses a range of tools with accuracy and precision – for example, knives to slice and chop food, a grater and other kitchen equipment

Controls a pen to draw intricate and complex shapes, can join letters and write quickly and neatly

Types quickly on a keyboard

Plans what physical skills and fine motor control are needed in order to solve a problem and reach a goal - for example, model making, design and engineering activities

Uses two hands together to perform complex tasks in an automatic way – for example, quickly tying a shoelace with little attention

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Moving in the environment				
Has sufficient co-ordination and control of balance to swim greater than 25 metres at speed				
Moves around safely in public environments like town centres – for example, road crossing, travelling on public transport				
Rides a bike with good control, negotiating different surfaces, slopes and on different surfaces				
Rides a bike safely on the road				
Moves whole body and controls limbs to use a range of gym equipment and balance well				
Demonstrates good spatial awareness and hand-eye coordination when engaged in ball games - for example, able to perform a one-handed catch in each hand				



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Moving in the environment continued

Demonstrates good spatial awareness, co-ordination and balance when negotiating obstacles - for example, controls a football well while moving

Works effectively as part of a team in physical activities, predicting movements of others and using game strategies


Moving creatively


Uses two hands together to perform complex tasks in an automatic way – for example, quickly tying a shoelace with little attention


Self-care


Manages most fastenings on the front and back of clothes, and a tie, if taught

Independently manages personal hygiene tasks required for age

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Memory				
When trying to remember things, organises separate pieces of information into pre-existing categories				
When trying to remember things, creates a larger number of categories as well as remembering more items within those categories				
When trying to remember things, creates their own 'new' categories and forms new links between previous unrelated items				
Remembers five spatial positions in the correct sequence				
Repeats a sequence of four digits in reverse order – for example, hears '2, 7, 1, 4' and responds "4, 1, 7, 2"				

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Executive functioning				
Comes up with at least 15 words within one category when asked to – for example, when naming as many animals as they can				
Suggests three or more original ideas when asked to think of different uses for an object – for example, different uses for a brick				
Switches attention from one task to another and back again				
Inhibits all or most inappropriate responses, both verbal and behavioural, for as long as necessary without much difficulty				
Organises their own schoolwork without assistance				

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Executive functioning <small>continued</small>				
Breaks large tasks down into smaller, more manageable tasks - for example, when solving a maths equation, starting a piece of coursework, cooking a meal				
Makes social arrangements and plans activities				
Creativity				
Develops ideas for activities or games by drawing on and using various sources of information - for example, using the internet, textbooks, asking friends, in art or photo galleries				
Has own opinions about arts and crafts – for example, at a museum or at gallery, watching a dance				
Explores and experiments with ideas independently and inventively – for example, creating a new recipe				

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Knowledge of the world and problem-solving				
Understands that different outcomes may result from repeating an action or experiment				
Explores and interprets different sources of information and begins to assess these for validity and bias – for example, realises that articles on the internet may be people’s opinions rather than facts				
Use of technology				
Selects the information they have gathered using technology for different purposes and checks its accuracy				

Special events and achievements:

Developmental Journal • Step S3

Need more sheets? Add as many as you want

Questions we want to ask:

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Step S4



Developmental Journal

Summary of development during Step S4

Personal, social and emotional

By this Step, young people are not only aware of the various different types of relationships but have a greater understanding of what is involved in them and the range of roles and responsibilities they involve. They are becoming increasingly independent from family and peers, although they are also able to reflect on relationships and know the importance of having established and fulfilling relationships with family and friends. Having a network of supportive relationships can help young people deal with stress.

Some young people are increasingly interested in forming romantic relationships. In the early stages of adolescence, these relationships are usually quite short-lived but, as they get older, romantic relationships are more likely to be viewed as a longer-term commitment and provide the young person with emotional support.

Young people's ability to manage emotions is more sophisticated and they can combine this skill with increasing social awareness – for example, knowing a wider range of appropriate ways to behave and express feelings in different situations.

At this stage, young people may be getting more self-confident and comfortable in how they view themselves. They may be building on their awareness of different aspects of their identities, including their ethnicity, sexual orientation, nationality, culture, if they have religious beliefs or otherwise, and the complexity of these diverse components that make up their overall sense of self. They may also be more reflective about their own abilities and skill set and how this might affect their future – for example, career choice.

Young people will be better able to describe the challenges to both emotional and physical well-being and how they might overcome them. These may be about stress caused by upcoming assessments and strategies to deal with them, about the risks inherent in alcohol and drug use or how to overcome peer pressure. These challenges may also relate to experiences of discrimination or inequalities that they directly experienced or have seen occurring against other people; support with issues of fairness and social justice in these challenging circumstances may be required.

Many young people have the opportunity to participate in work experience whilst at school. This can increase their awareness of what is involved in having a job and can also help to develop work-related skills. Some young people may also have casual jobs or take part in volunteer work. Other skills for independent learning are also developing – for example, their ability to save for long-term goals such as holiday spending money or funding their hobbies.

If young people do have the opportunity to engage in work experience, have a discussion with them about their choices. Encourage them to think about what they enjoy doing, what their strengths are and what kind of job they want to find out more about. Young people may be aware of some careers through the adults in their lives and this may be a good opportunity to try out something different.

Developmental Journal

Summary of development during Step S4 continued

Life can be stressful and so it's normal to feel stressed sometimes. However we need to identify when we feel stressed and the extent of this. A little bit of pressure can make us perform better but too much stress leads to performance being impaired. Stress can have effects on our mental performance (problems concentrating, indecisiveness), emotions (moodiness, inability to relax), body (nausea, headaches) and behaviour (a change in sleep patterns, procrastination, challenging behaviour). It can be useful to talk to young people about the different symptoms of stress, to help them to recognise what situations might cause these and to reassure them that it's normal to feel stressed. There are lots of different strategies to try and minimise stress – for example, exercise, talking to friends, trying to take control of the situation, challenging discrimination where appropriate, relaxation and applying time management techniques.

How does this apply to us?

Communication

By this Step, young people are generally confident and able communicators with a wide range of strategies at their disposal. This helps them deal with, and adapt their language to, unfamiliar situations. Their personality may also be coming through in how they use language – for example, they may use sarcasm or joke a lot or they may show their curiosity about the world by asking lots of questions.

Young people are typically able to listen and attend for sustained periods of time. They will probably be able to keep up a conversation whilst doing something else – for example, whilst preparing a meal.

When describing recent events and explaining their ideas, they can do so clearly and confidently using different aspects of language and communication, including intonation, body language, grammar and vocabulary. If in a discussion with another person who has a differing view, young people can appreciate this, evaluate it and, if appropriate, adapt or change their own opinions.

Understanding subject-specific words and question-words is important for success in educational assessments. Knowledge of technical vocabulary will be particularly relevant for subjects like science and maths. The specific words used in exam or essay questions often affect how young people may wish to structure their answer and what content they include. Therefore an awareness of what is required from different question words is an important component of preparation for assessments. This may include learning what words such as 'evaluate', 'contrast' and 'discuss' mean.

Developmental Journal

Summary of development during Step S4 continued

Young people can often be given long lists of instructions. If you're not sure how well they can follow these, watch out for particular signs of difficulties – for example, do they do things in the correct order? Do they only do the last thing in the list?

When young people have a discussion or debate, it can be helpful for them to reflect on this. This may involve summarising the main points, thinking about how they structured their arguments, if there was anything they could have expressed more clearly, and what the conclusion was.

How does this apply to us?

Physical

In this Step, abilities are generally consolidating rather than emerging and young people will be performing their skills with more consistency and accuracy. During this period the young person may have greater choice regarding participation in various sporting, musical and leisure activities that involve body control and coordination. The levels of performance observed will very much depend on the choices made and opportunities available for training and practice.

Sometimes circumstances can change and challenges can arise during a performance or game – for example, a team member retiring because of injury. Young people will be becoming more resilient (can cope well and 'bounce back') when faced with such difficulties. They will be thinking creatively and flexibly to devise new plans either independently or when talking with peers. Young people can also apply critical evaluation skills to their performance in physical activities - for example, they may practise certain moves or try out different techniques that they have found difficult.

Young people will be adapting their fine motor skills to a range of different tasks including cooking, baking, design technology lessons, some DIY equipment, art and craft projects and science experiments. Many pieces of technology also require good fine motor skills such as a touchscreen or keyboard on a mobile phone, a video game controller or a computer mouse. Young people often become more interested in taking care of their physical appearance and personal hygiene, and their fine motor skills enable them to do this – for example, hair styling, cutting and painting nails or wearing jewellery.

Developmental Journal

Summary of development during Step S4 continued

As well as being important for fitness and health, physical activities are also important for mental wellbeing. Young people can be encouraged to choose sports or activities they enjoy so they can relax and take a break. This might be something very active such as football, running or netball or something more gentle and relaxing such as taking a walk, gardening or yoga.

How does this apply to us?

Thinking

Thinking skills help young people become independent learners. In everyday life, it's important for them to know when they don't fully understand so they can resolve this – for example, by asking someone else about it, finding out the definition of an unfamiliar word or seeking more information. In the development of reasoning skills, critical thinking is particularly important in this Step for deep learning and therefore understanding. This involves analysing information, evaluating evidence, comparing different ideas, bringing together different viewpoints and arguments in a logical way and evaluating their own and other's ideas. Development in reasoning skills and the formation of personal opinions on a range of subjects can also lead to the questioning and challenges to authority that are sometimes seen in the teenage years.

If young people want to investigate something, by now they understand the importance of doing so in a fair and unbiased way. This might be in a practical way – for example, carrying out a well-designed science experiment – or when researching a topic – for example, using newspapers, books or the internet, or asking people's opinions. When there are many different viewpoints or perspectives on an issue, young people can apply their reasoning skills and consider the evidence, and may come to the conclusion that some viewpoints may be more accurate or reliable than others.

Young people often have an increased coursework and revision load at this stage. Forward planning and organisation help young people to plan how long projects will take and carry them out effectively. Revising for assessments places a heavy load on memory skills so different memory strategies really come in useful here. Memory skills are becoming well-developed with young people being able to remember phone numbers, for example. Memory for factual information is also

Developmental Journal

Summary of development during Step S4 continued

important at this stage. Memory strategies are useful for learning facts or sequences such as this one for remembering the colours of the rainbow where the first letter of each word represents a colour: Richard Of York Gave Battle in Vain. Rhymes are another way of remembering information, such as this one for remembering what happened to each of Henry VIII's wives: divorced, beheaded, died, divorced, beheaded, survived.

Study timetables can be really useful when young people are preparing for important assessments. They might try creating a calendar for the next few weeks or months – which encourages forward planning – as well as concentrating on what they have to do in the short term – which encourages time management skills. It's also important to allow time for regular breaks!

How does this apply to us?



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Relationships

Understands some of the possible effects of significant life events on feelings, emotions and personal wellbeing, and the impact these may have on relationships

Understands different relationships and what they involve – for example, marriage, civil partnerships, long-term commitments and stable relationships

Is mostly secure within relationships and tends not to feel anxious about friendships

Is reflective in dealing with relationship difficulties – thinks carefully about what has happened, comes to a thoughtful conclusion about how to resolve difficulties and what they might do differently in the future

Takes the initiative in challenging or giving support in connection with offensive, abusive or bullying behaviour



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Emotions

Interprets the underlying meaning of emotionally-driven behaviour - for example, angry outbursts or social withdrawal

Is aware of the reasons for managing one's own feelings in different situations

Can more easily calm emotions caused by conflicts and disagreements

Expresses understanding of the complex mix and interaction of emotions - for example, in books, TV shows, films and plays

Expresses empathy in a range of ways depending on needs and situation



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Views, values and identity

Is more secure in their own identity

Is aware of the things they have in common with others, although they may have a different cultural, national or other identity

Responds positively to praise and constructive criticism

Demonstrates stronger capacity to deal with the conflict between pressure to conform to opinions of peers and need to form one's own independent views

Is more aware of the importance of understanding abstract principles about fairness and justice



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Views, values and identity continued

Is more aware of the complexity of national identity and how ethnic diversity differs from national identity

Makes judgements about their personal qualities, skills and achievements and uses these to set future goals

Well-being

Deals with emotions aroused by peer pressure

Is aware of some of the causes and symptoms of mental and emotional ill health, as well as strategies for recognising, preventing and addressing these in themselves and others

Demonstrates confidence in finding professional health advice and helps others to do so

Recognises that risk assessment and management are part of life and gives examples of how to manage and reduce risk in different circumstances



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Independence

Takes opportunities to develop own ability for pro-social behaviour - for example, through community projects, sports and musical activity, taking part in peer support at school

Relates their abilities, attributes and achievements to career plans

Proactively looks for opportunities for learning and work

Saves money for a specific purpose and sticks to saving plan – for example, to buy new clothes or shoes, or holiday spending money

Equality, diversity and cohesion

Understands and respects how differing characteristics – for example, cultures, ethnicities, nationalities, sexual orientation, genders, religions and beliefs - may influence lifestyle choices



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Listening, understanding and reasoning

Confidently follows complex instructions, which may consist of several sentences

Sentence building

Structures what they say clearly, using appropriate vocabulary, intonation and emphasis

Vocabulary

Uses vocabulary in precise and creative ways; typically uses appropriate words in sentences and may sometimes use more unusual or advanced words

Understands the words that are used in questions in exams and the classroom – for example, 'compare', 'discuss', 'evaluate'

Storytelling and narrative

Gives well organised, complex and detailed information about their experiences, ideas and thoughts



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Social interaction

Adapts their talk to different contexts, including those that are unfamiliar

Uses formal language confidently in situations that require it

Familiar with a wider range of, and less common, 'sayings' – for example, 'hit below the belt', 'paint the town red'

Leads discussions on subjects that they are knowledgeable about

Listens carefully in discussions and responds sensitively to other people's views



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes


Fine motor skills

Uses powered machinery safely, with precision and appropriate control – for example, a drill, pottery wheel

Uses delicate tools safely, with precision and appropriate control – for example, a small sharp knife for slicing food, an icing bag to decorate a cake

Writes quickly over a sustained period

Plans a sequence of complex movements using a range of fine motor skills to use materials in order to complete a task and/or cause a change - for example, pottery and ceramics, needlework, collage and printing

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Moving in the environment				
Given the opportunity, adapts and transfers riding skills to different types and sizes of bike on various surfaces				
Adapts tactics and strategy in sports when changes occur				
Controls whole body efficiently to move around safely even in crowded environments – for example, a busy street, crowded bus				
Seeks out challenges in physical activities, understanding that more effort or a different approach will be successful				
Evaluates own physical abilities and skills, identifying strengths and areas for development				



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often


Notes


Moving creatively

Combines use of music, movement, drama and words to create an original performance as an individual or as part of a group – for example, choreographing a dance

Self-care

Independently manages a wide range of personal hygiene tasks, as appropriate for physical maturity – for example, cutting/filing nails, styling hair or fastening jewellery

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Memory				
Repeats a six digit number sequence – for example, ‘2, 6, 1, 4, 9, 3’				
Executive functioning				
Applies time-management skills to doing coursework and preparation for assessment				
Creativity				
Understands how creative materials and processes can be used and applies this knowledge				
Produces plans that predict the time needed to carry out the main stages of completing their project or activity – for example, with school coursework, making a meal with several courses				
Judges their own work and that of others, demonstrating analytical, critical and contextual understanding.				

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Knowledge of the world and problem-solving				
When wanting to find something out, uses a range of search strategies and sources of information with confidence				
Evaluates evidence critically and suggests how problems can be addressed				
May change their own views as a result of informed discussion or research and examination of relevant evidence				
Use of technology				
Considers the benefits and limitations of different technology, tools and information sources and the results they produce				
Independently selects appropriate information sources for specific tasks, taking into account ease of use and suitability				

Special events and achievements:

Developmental Journal • Step S4

Need more sheets? Add as many as you want

Questions we want to ask:

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Step S5



Developmental Journal

Summary of development during Step S5

Personal, social and emotional

In this step, relationships with peers tend to become well-established, secure and resistant against temporary difficulties such as a minor difference of opinions. With maturity, the closeness between young people and parents may decrease as peers become more important in the young person's life. Conflicts with parents can be common at this stage since this is a time of change and increasing independence for many young people. This can be expressed, for example, through arguments over issues of personal autonomy; for some young people this may be related to style of dress, staying out late and consuming alcohol, for others it might include cultural differences, aspirations and expectations. Pressure to conform with peers is strong at this stage. Sometimes young people may give in to this pressure in order to keep friends, but in other situations, perhaps with issues that they feel more strongly about, they are more confident in resisting this pressure.

Young people can be very insightful and sensitive regarding other people's emotions - for example, they may recognise when and why someone is trying to hide their emotions. They can also show empathy towards people they have never met in situations they have never previously encountered, as they are able to think carefully and thoroughly about another person's perspective. This can help them in understanding the importance of equal opportunities, anti-discrimination, bringing together different groups and respecting different cultures and lifestyles.

Young people become better able to view their own strengths and weaknesses in a realistic and objective way. Some may have thought a lot about their sense of self and the various aspects that make up their overall identity, while others may not have yet started thinking seriously about identity issues, such as religion or sexual orientation. They may experiment with different opinions, behaviours and lifestyles without necessarily deciding to fully adopt any of these. This allows them to explore the complexities and consequences of their core identities and other potentially changing identities and beliefs.

As young people are exposed to different views and attitudes in society, they are broadening their knowledge and developing their own opinions. It's important that when young people come across opposing views they are encouraged to think about them carefully and logically in order to make a balanced decision and are reassured that it's alright for them to change their minds.

By this Step, young people will probably have preferred hobbies and leisure activities. There are often ways to use their strengths and preferences to engage with and contribute to their family and community – for example, coaching a children's football team, babysitting for a neighbour, joining a local drama group or supporting community activities such as dance lessons for younger children. There are lots of benefits to this, including gaining new skills and having new experiences.

How does this apply to us?

Developmental Journal

Summary of development during Step S5 continued

Communication

In this Step, young people tend to understand quite complex, long sentences and instructions, but on occasions where this is not the case, they are able to pinpoint where their understanding has broken down and take steps to resolve it. They understand other's literal and non-literal communication and can infer underlying meanings skilfully. To do this, they can take into account non-verbal cues such as facial expressions, the context and gestures.

Young people can also communicate complex concepts to others and ensure that their message has been understood. They use appropriate types of language for different situations – for example, using emotive language when speaking persuasively, using appropriate intonation and pausing in speech when telling jokes. Young people can initiate, join in and maintain conversations with others – both friends and strangers – and keep the conversation flowing.

Depending on the young person's interests, they may enjoy joining a drama club. Developing acting skills is a fun way of practising and learning communication techniques – both verbal and non-verbal. Being involved in a drama club can also mean helping with set design, music or directing. Doing such roles in a language-rich environment is a great way of promoting communication skills. Conversely if they prefer watching such shows, then attending community-produced shows can be a way of experiencing a wide range of theatre and drama.

How does this apply to us?

Developmental Journal

Summary of development during Step S5 continued

Physical

Developing the necessary physical skills for independent living is important in this Step – for example, travelling around independently and personal hygiene tasks. This in turn can help develop autonomy and confidence. Young people will become better able to take responsibility for making decisions about physical activity and diet based on maintaining a balanced lifestyle – for example, this includes understanding the differences between carbohydrates, protein and fat.

Some activities, particularly sport, dance or playing a musical instrument, may become highly practiced and peak performance may be reached given the appropriate training, practice opportunities and motivation. If performing at elite levels, young people will need to understand the preparation required for this, both physical and mental.

Acquired physical ability and existing proficiency in physical activities can also enable young people to learn new skills – for example, when trying a new sport or learning to drive. Although some young people may have found sports they already enjoy, it's still beneficial for them to try new things to acquire a new skill and gain further enjoyment from physical activities.

Fine motor skills allow individuals to carry out tasks easily at an advanced level and often automatically - for example, multi-tasking by holding a conversation and sketching at the same time. Young people may also benefit from gaining experience of how manipulative skills, machinery and tools are used in the workplace - for example visiting a car factory, chocolate factory. This may be especially relevant if this is something they are good at and/or interested in, like mechanics or catering.

How does this apply to us?

Developmental Journal


Summary of development during Step S5 continued

Thinking

Originality will be apparent in young people's thought processes, their behaviour and what they produce, and this can be shown in many different ways. They may enjoy creative hobbies such as painting, cooking or drama. If they are in paid or voluntary work, they may be contributing unique ideas. If they are continuing their formal education, there will be increasing expectations to make their own original observations, critically evaluate sources of information and to explain their reasoning.

Young people often need to juggle busy work/education and social lives and independently organise their college or paid work. However this can sometimes be challenging – for example if they have work shifts at different times or have varying timetables at college or sixth form. If young people find it difficult to keep track of all their different activities, using a diary, setting up reminders in electronic or paper form or using the calendar function on their mobile phone may help.

How does this apply to us?

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Relationships				
Reflects on the nature of relationships, past and present – for example, thinks about the reasons for relationship difficulties in earlier childhood or the different perspectives of parents who are separated				
Understands that romantic relationships involve intimacy, commitment and emotional support				
Prioritises the nature of a relationship over status in eyes of peers – this may be regarding friendships or romantic relationships				
Turns more to peers than to parents for social support and identity				
Is able to have a difference of opinion with a friend without it affecting the relationship in the long-term				
Is skilled at understanding relationship difficulties and confident in using strategies for resolving these conflicts				



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Emotions

Reflects on the underlying meaning of their own emotionally-driven behaviour - for example, angry outbursts or social withdrawal

Shows more advanced awareness of own and others' feelings - for example, is sensitive to another person's shyness or embarrassment

Shows greater awareness of the ways in which different contexts can affect feelings and behaviour

Shows awareness of a wider range of subtle emotions – for example, pride, guilt, jealousy, nervousness and loneliness

Shows greater capacity to manage own difficult emotions through such strategies as positive thinking



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Emotions *continued*


Shows greater capacity to manage own emotional impulses by thinking about the consequences of such behaviour


Shows more advanced awareness that others may hide their emotions for a range of reasons, - for example, embarrassment or the desire to please


Responds to other people's emotions appropriately when listening to them – listens carefully, thoroughly considers what they say and the context, asks appropriate questions and acts appropriately


Shows deeper compassion for others in a range of social contexts - for example, towards asylum seekers or people who have disabilities


Is aware of own capacity to take the perspective of another person

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Views, values and identity				
Is realistic about own qualities and accepts own limitations as well as strengths				
Is able to develop strategies for minimising the negative effects of being rejected or excluded by peers				
Shows resilience and the ability to 'bounce back' in the face of difficulties				
Explores a range of possible perspectives on an issue without yet deciding which to adopt - for example, with regard to religious belief, they might say, "Yes, I guess I am going through that now. I just can't see that there can be a God and yet so much evil in the world"				
Is aware that different people hold different, and widely varying, views - for example, concerning religious, secular or political beliefs				
Has greater awareness of the complexity of gender identity - for example, indicating that young men can display emotional sensitivity and also be masculine				

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Well-being				
Is confident in resisting pressure to engage unwillingly in risky or dangerous behaviours - for example, use of alcohol or drugs or anti-social behaviour				
Independence				
Develops new skills through involvement in family and community settings – for example, by undertaking voluntary work or work experience				
Experiences personal benefits of work (paid or unpaid) in community, such as pride or sense of social cohesion and belongingness, as well as benefits, such as recognition and accreditation				
Extends ability to develop independence and responsibility - for example, by planning and making journeys alone or acting as a peer mentor on social networking sites				
Equality, diversity and cohesion				
Aware of the importance of equal opportunities in the workplace – for example, through work experience, voluntary work or paid work				

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Listening, understanding and reasoning				
Picks out overall messages from discussions and understands when meaning is inferred and not obvious - for example, "I thought he was quite arrogant as he always talks about all these things he can do, but I think he's just trying to impress Laura, you can tell he really likes her"				
Sentence building				
Can talk using sentences with an average length of 9-13 words, although during conversation and discussion shorter phrases are usually used				
Joins spoken sentences using words such as 'provided that', 'similarly', 'conversely', 'moreover'				
Vocabulary				
Uses a wide range of difficult descriptive words and phrases – for example, 'exhausted', 'meandered', 'incessant'				
Understands subtle differences between similar words - for example between 'severe' and 'considerable'				

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Storytelling and narrative				
Tells long and complex spoken stories ensuring that the ‘thread’ of the story is understood throughout				
Gives complex information, checking that the information is being understood by the listener(s), and makes the information simpler if needed				
Social interaction				
Stays on one conversational topic for long periods and moves sensibly from one topic to another				
Takes part in large group social interactions, knowing appropriate times to join in				
Is skilful in discussions and uses a range of arguments to persuade others				

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Social interaction continued				
Joins in with humorous 'banter' with friends				
Uses language imaginatively for social interaction - for example, "that's so many colours of wrong"				
Understands sarcasm just through the situation and without the need for a sarcastic tone of voice				
Uses sarcasm appropriately – for example, I'm so happy to see you				
Uses sarcasm in humour				
Switches easily between informal and formal styles of talking - for example "Yeah, whatever guys...oh good evening Mr Johnson, how are you?" To friends: "That's our neighbour, what's he doing here?"				



Emerging
Seen for the
first time

Developing
Seen sometimes

Achieved
Seen often

Notes

Fine motor skills

Writes quickly and neatly while listening to someone talking – for example, to take notes in class

Carries out most tasks using their hands quickly, automatically and often not with full attention – for example, while talking to someone else


Moving in the environment

Given appropriate opportunities, applies existing skills to quickly learn new physical activities

Travels in unknown busy environments where further adaptations may be required – for example, using different types of transport which they haven't used before such as trams or an underground system

Self-care

Independently maintains a high level of personal hygiene tasks

	Emerging Seen for the first time	Developing Seen sometimes	Achieved Seen often	Notes
Executive functioning				
Organises their own college and/or paid work without assistance				
Creativity				
Independently comes up with an original idea, plans, assembles materials and creates a well-finished product – for example, a scrapbook of a holiday				
Knowledge of the world and problem-solving				
Fairly and accurately judges the validity of information, views, opinions, ideas and arguments				
Uses relevant information to make persuasive arguments that balance different viewpoints clearly and logically				
Reasons logically about imaginary or hypothetical problems				

Special events and achievements:

Developmental Journal • Step S5

Need more sheets? Add as many as you want

Questions we want to ask:

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School Years Developmental Journal Record

Personal, social and emotional: Relationships

Item	E	D	A
Step S1			
Shows awareness of different kinds of relationship through play – for example, playing with daddy and baby teddies			
Shows contrasting aspects of relationships through play – for example, happiness/sadness, trust/mistrust, like/dislike			
Understands different ways that family and friends should care for one another – for example, shows this in everyday life, talks about it, demonstrates it in play			
Has a basic understanding of what friendship means, though it tends to be one-way rather than reciprocal – for example “a friend is someone who helps you”			
Is usually able to deal with separation from parent or caregiver - for example, at the beginning of the school day, does not cry inconsolably but says goodbye and joins in with school activity			
Greets parent or caregiver at the end of the school day in an affectionate, cheerful way			
Forms new relationships with adults, such as teachers and classroom assistants, as well as peers			
Shows preferences for some peers over others – for example, may choose to play with some children more than others			
Bargains and compromises in social situations - for example, if another child has a toy they would like, they may offer to swap			
Can identify bullying and knows it is wrong			
Shows some understanding and awareness of other children’s viewpoints – for example, takes account of somebody else’s ideas about how to organise their activity			
Step S2			
Understands more complex aspects of friendship – for example, that friendship is two-way and friends help each other			
Shows an awareness of qualities important for relationships in other people – for example, being fair or trustworthy			
Identifies different types of relationship – for example, marriage, different family structures and friendship			
Deals with being away from home without distress - for example, when on overnight school trips or on sleepovers with friends			
Forms new relationships outside the family and school - for example, with adults and peers at a community group			
Chooses friends on basis of shared interests and values			
Turn-taking in play becomes more reciprocal – for example, if another child shares a toy with them, they are likely to ‘return the favour’ and share one of their toys			
Plays fairly and cooperatively – for example, in team sports, informal games and online gaming			
Works cooperatively outside immediate friendship group			
Expresses their understanding about how their actions have consequences for themselves and others			
Develops a more complex theory of mind – for example, understands how someone might feel if they were having difficulties in relationships			
Reflects on the ups and downs of relationships and is aware of relationship difficulties like rejection, neglect and exclusion			
Understands why friends fall out and can think of ways in which they, or others, might resolve their difficulties			

School Years Developmental Journal Record

Personal, social and emotional: Relationships continued

Item	E	D	A
Step S2 continued			
Shows resilience (can cope and 'bounce back') when faced with personal difficulties in relationships			
Shows helpful and caring behaviour when faced with bullying – for example, buddies vulnerable children outside immediate friendship group			
Works or plays together with other children with little adult supervision			
Organises group activities or games			
Recognises the worth of others - for example, by making positive comments about siblings, friends or classmates, showing appreciation for a kind deed			
Step S3			
Evaluates the quality of their relationships within the family as well as within the peer group			
Understands the importance of having a variety of social and personal relationships and how these can impact on their lives and well-being			
May feel anxious about friendships sometimes but makes some attempt to cope with this			
Has a wide circle of friends, which may include online relationships			
If a friendship breaks-up, can be realistic about the quality of the friendship and is aware of the emotional effects of separation and loss			
Negotiates and compromises solutions within relationships effectively			
Step S4			
Understands some of the possible effects of significant life events on feelings, emotions and personal wellbeing, and the impact these may have on relationships			
Understands different relationships and what they involve – for example, marriage, civil partnerships, long-term commitments and stable relationships			
Is mostly secure within relationships and tends not to feel anxious about friendships			
Is reflective in dealing with relationship difficulties – thinks carefully about what has happened, comes to a thoughtful conclusion about how to resolve difficulties and what they might do differently in the future			
Takes the initiative in challenging or giving support in connection with offensive, abusive or bullying behaviour			
Step S5			
Reflects on the nature of relationships, past and present – for example, thinks about the reasons for relationship difficulties in earlier childhood or the different perspectives of parents who are separated			
Understands that romantic relationships involve intimacy, commitment and emotional support			
Prioritises the nature of a relationship over status in eyes of peers – this may be regarding friendships or romantic relationships			
Turns more to peers than to parents for social support and identity			
Is able to have a difference of opinion with a friend without it affecting the relationship in the long-term			
Is skilled at understanding relationship difficulties and confident in using strategies for resolving these conflicts			

School Years Developmental Journal Record

Personal, social and emotional: Emotions

Item	E	D	A
Step S1			
Shows understanding of emotions using toys, pets, imaginary friends or through characters in books, drama or the media			
Understands basic feelings of others like sadness and anger – for example, may communicate that they think a friend or book character feels sad using words or pictures			
Knows that people sometimes display emotions they don't always feel - for example, someone may look happy even though they feel sad			
Can sometimes manage own emotions - for example, when upset about something, knows that it is not appropriate to have a tantrum at school			
Step S2			
Shows understanding of complex, opposing feelings - for example, that a person can be happy to visit someone in hospital while also feeling sad that the person is ill			
Understands a range of emotions such as jealousy, unhappiness, anger and annoyance			
Understands the importance of relevant cues such as body language and situation for interpreting emotions			
Understands concepts such as 'rival' and 'enemy'			
Demonstrates understanding about why a person might behave and how this changes their own feelings about that person - for example, may be less upset that a friend didn't want to play with them if they knew they felt unwell			
Step S3			
Aware of strategies for dealing with difficult emotions - for example, stopping themselves from getting too aggressive or trying not to worry too much about things they can't control			
Appreciates that strategies for dealing with difficult emotions might be hard to carry out			
Expresses empathy for others' distress through some form of appropriate practical action - for example, through asking peers to help			
Aware of strategies for overcoming stress – for example, talking with friends and family			
Step S4			
Interprets the underlying meaning of emotionally-driven behaviour - for example, angry outbursts or social withdrawal			
Is aware of the reasons for managing one's own feelings in different situations			
Can more easily calm emotions caused by conflicts and disagreements			
Expresses understanding of the complex mix and interaction of emotions - for example, in books, TV shows, films and plays			
Expresses empathy in a range of ways depending on needs and situation			

School Years Developmental Journal Record

Personal, social and emotional: Emotions continued

Item	E	D	A
Step S5			
Reflects on the underlying meaning of their own emotionally-driven behaviour - for example, angry outbursts or social withdrawal			
Shows more advanced awareness of own and others' feelings - for example, is sensitive to another person's shyness or embarrassment			
Shows greater awareness of the ways in which different contexts can affect feelings and behaviour			
Shows awareness of a wider range of subtle emotions – for example, pride, guilt, jealousy, nervousness and loneliness			
Shows greater capacity to manage own difficult emotions through such strategies as positive thinking			
Shows greater capacity to manage own emotional impulses by thinking about the consequences of such behaviour			
Shows more advanced awareness that others may hide their emotions for a range of reasons, - for example, embarrassment or the desire to please			
Responds to other people's emotions appropriately when listening to them – listens carefully, thoroughly considers what they say and the context, asks appropriate questions and acts appropriately			
Shows deeper compassion for others in a range of social contexts - for example, towards asylum seekers or people who have disabilities			
Is aware of own capacity to take the perspective of another person			

School Years Developmental Journal Record

Personal, social and emotional: Views, values and identity

Item	E	D	A
Step S1			
Describes self in terms of physical characteristics – for example through words or drawing pictures of themselves			
Describes self in terms of simple personality characteristics – for example, “I am happy” or “I am brave”			
Expresses a basic concept of self-esteem - for example, “I am the best painter!” or “I’m helpful, aren’t I?”			
Expresses own views and opinions simply – for example, about fairness and sharing			
Shows awareness of belonging to a particular ethnic or cultural group and can distinguish between own cultural group and others			
Shows awareness of gender identity - for example in describing a range of ‘gender typical’ behaviours			
Step S2			
Shows awareness of judgements of self by others			
Recognises their own worth - for example, by making positive comments about themselves			
Interested in other people’s values – for example, spiritual/religious beliefs and cultural and other identities			
Expresses their views confidently – for example, in speech, writing or through actions			
Has their own opinion about what is fair and unfair in different situations			
Understands that you sometimes have to take someone’s situation or needs into account when deciding what is fair			
Describes their own personality with some detail or complexity – for example, “I am usually a happy person”, “Sometimes I get sad” or “I try not to be selfish but sometimes I find it hard”			
Step S3			
Reflects on and evaluates their achievements and strengths in different areas of their lives			
Is aware of the conflict between pressure to conform to the opinions of peers and the need to form one’s own independent view			
Is aware that active involvement is a valuable way of becoming involved in domains beyond the self, for example, through spiritual/religious faith or political/community action			
Step S4			
Is more secure in their own identity			
Is aware of the things they have in common with others, although they may have a different cultural, national or other identity			
Responds positively to praise and constructive criticism			
Demonstrates stronger capacity to deal with the conflict between pressure to conform to opinions of peers and need to form one’s own independent views			
Is more aware of the importance of understanding abstract principles about fairness and justice			
Is more aware of the complexity of national identity and how ethnic diversity differs from national identity			
Makes judgements about their personal qualities, skills and achievements and uses these to set future goals			

School Years Developmental Journal Record

Personal, social and emotional: Views, values and identity continued

Item	E	D	A
Step S5			
Is realistic about own qualities and accepts own limitations as well as strengths			
Is able to develop strategies for minimising the negative effects of being rejected or excluded by peers			
Shows resilience and the ability to 'bounce back' in the face of difficulties			
Explores a range of possible perspectives on an issue without yet deciding which to adopt - for example, with regard to religious belief, they might say, "Yes, I guess I am going through that now. I just can't see that there can be a God and yet so much evil in the world"			
Is aware that different people hold different, and widely varying, views - for example, concerning religious, secular or political beliefs			
Has greater awareness of the complexity of gender identity - for example, indicating that young men can display emotional sensitivity and also be masculine			

School Years Developmental Journal Record

Personal, social and emotional: Well-being

Item	E	D	A
Step S1			
Understands about possible danger in household products			
Knows how to keep safe in familiar situations – for example, crossing the road			
Seeks help from others in risky situations			
Recognises and avoids risks during physical play activities			
Step S2			
Knows some factors that affect emotional health and well-being – for example, exercise			
Is aware of the risks involved in forming online friendships			
Is aware of ways to resist negative peer pressure around issues affecting their health and wellbeing			
Adopts positive ways to face new challenges			
Is aware of some of the bodily and emotional changes at puberty, and can adjust to these in a positive way			
Can manage risks in different familiar situations – for example, around personal safety			
Step S3			
Although will sometimes go along with peer pressure to behave in particular ways, does some show some ability to deal with it			
Assesses and manages risks associated with personal lifestyle choices and situation, tries new ideas and face challenges safely			
Recognises that external factors, such as relationships, achievements and setbacks, can affect emotional well-being			
Knows the characteristics of good health and how to stay physically, emotionally and mentally healthy			
Deals with prejudice, inequality and discrimination in an appropriate manner – for example, may challenge someone's actions or seek help and support from others			
Step S4			
Deals with emotions aroused by peer pressure			
Is aware of some of the causes and symptoms of mental and emotional ill health, as well as strategies for recognising, preventing and addressing these in themselves and others			
Demonstrates confidence in finding professional health advice and helps others to do so			
Recognises that risk assessment and management are part of life and gives examples of how to manage and reduce risk in different circumstances			
Step S5			
Is confident in resisting pressure to engage unwillingly in risky or dangerous behaviours - for example, use of alcohol or drugs or anti-social behaviour			

School Years Developmental Journal Record

Personal, social and emotional: Independence

Item	E	D	A
Step S1			
Takes initiative in addressing issues that directly affect themselves and peers - for example, by taking on roles of responsibility in the classroom			
Step S2			
Takes initiative in addressing wider issues that affect themselves and a larger group of others - for example, by taking on roles of responsibility in school council			
Has some basic understanding of how they will develop skills to work in the future in simple terms			
Can manage small amounts of money - for example, may be able to save for a short period of time			
Step S3			
Is aware of the importance of becoming more independent from parents - for example, shows greater reliance on the peer group			
Demonstrates an understanding of the concept of 'career' in relation to examples of people that they know - for example "my brother works in a shop and one day he wants to be the manager."			
Recognises their strengths, achievements and challenges and evaluates how these might inform future choices in learning and work			
Is aware of the qualities, attitudes and skills needed for employability			
Uses information sources to explore options and choices for learning and work			
Demonstrates an understanding of different types of work, including employment, self-employment and voluntary work			
Step S4			
Takes opportunities to develop own ability for pro-social behaviour - for example, through community projects, sports and musical activity, taking part in peer support at school			
Relates their abilities, attributes and achievements to career plans			
Proactively looks for opportunities for learning and work			
Saves money for a specific purpose and sticks to saving plan - for example, to buy new clothes or shoes, or holiday spending money			
Step S5			
Develops new skills through involvement in family and community settings - for example, by undertaking voluntary work or work experience			
Experiences personal benefits of work (paid or unpaid) in community, such as pride or sense of social cohesion and belongingness, as well as benefits, such as recognition and accreditation			
Extends ability to develop independence and responsibility - for example, by planning and making journeys alone or acting as a peer mentor on social networking sites			

School Years Developmental Journal Record

Personal, social and emotional: Equality, diversity and cohesion

Item	E	D	A
Step S1			
Understands and talks about differences and similarities between people, families, communities and traditions			
Step S2			
Understands benefits of getting to know people from outside their immediate environment – for example, online friendships, penpals, taking part in inter-cultural activities.			
Is aware of some of the range of different beliefs and values in society			
Responds to, or challenges, negative behaviours such as discrimination, inequality, stereotypes and aggression			
Step S3			
Is aware of more subtle differences and diversity and demonstrates respect and understanding towards others who live their lives differently from them			
Step S4			
Understands and respects how differing characteristics – for example, cultures, ethnicities, nationalities, sexual orientation, genders, religions and beliefs - may influence lifestyle choices			
Step S5			
Aware of the importance of equal opportunities in the workplace – for example, through work experience, voluntary work or paid work			

School Years Developmental Journal Record

Communication: Listening, understanding and reasoning

Item	E	D	A
Step S1			
Lets you know when they haven't understood – for example, may ask "What's the difference between fiction and non-fiction books?"			
Understands and follows complicated three part instructions - for example, "Wash your hands then come into the kitchen to choose a snack"			
Focuses on the key points and pays less attention to the less important information in a question or instruction			
Step S2			
Understands different question types – for example replies with detail to open questions such as "What did you do at school today?"; replies with yes/no answers to closed questions such as "Dinner is going to be a bit later today, do you want an apple as a snack?"; knows rhetorical questions do not require an answer such as "How many times have I told you not to talk with your mouth full?!"			
When they don't understand something, is specific about what additional information they need – for example, "So what number do we put the oven on? Are we using centigrade or gas mark?"			
Make predictions about what might happen from what people say – for example, "Now, kids, I'm going to count to 10", knows that this means mum is getting cross and if they don't stop messing around, they might end up in trouble.			
Step S3			
Understands instructions that don't follow the same order as the words in the sentence - for example, "Before you get changed, look at what homework you've got and decide what you need to do before dinner."			
Can understand information that is not directly stated and when simple inferences are needed - for example, "Why do you think she grabbed her coat and bag and dashed out of the door?" [she was in a hurry/late]			
Step S4			
Confidently follows complex instructions, which may consist of several sentences			
Step S5			
Picks out overall messages from discussions and understands when meaning is inferred and not obvious - for example, "I thought he was quite arrogant as he always talks about all these things he can do, but I think he's just trying to impress Laura, you can tell he really likes her"			

School Years Developmental Journal Record

Communication: Sentence building

Item	E	D	A
Step S1			
Links phrases together using words like 'because' and 'so' to help explain or justify an event - for example, "It was scary because even the man with the dog looked worried, so we decided to get out of there."			
Asks lots of questions to find out specific information including 'how' and 'why' - for example, "How do we know burglars can't get in?"			
Uses an imaginative range of descriptive words in sentences - for example, "Suddenly, he saw a huge hairy creature."			
Step S2			
Uses complex sentence structures and more complex joining words – for example, 'meanwhile' or 'therefore'			
Can talk using sentences of around 7-11 words, though during conversation and discussion, shorter phrases are usually used			
Explains some rules of grammar and knows when a sentence is not grammatically correct			
Uses a range of regular and unusual word endings, with few errors being made – for example, fought, fell, brought, geese, fish			
Step S3			
Joins longer spoken sentences using words such as 'furthermore', 'nevertheless'			
Includes conflicting or contradictory ideas within single sentences – for example, "the man wanted to get home quickly but he knew the speed limit was 40 miles per hour"			
Step S4			
Structures what they say clearly, using appropriate vocabulary, intonation and emphasis			
Step S5			
Can talk using sentences with an average length of 9-13 words, although during conversation and discussion shorter phrases are usually used			
Joins spoken sentences using words such as 'provided that', 'similarly', 'conversely', 'moreover'			

Communication: Speech sounds

Item	E	D	A
Step S1			
Identifies end sounds in words			
Identifies more complex rhymes – for example, 'happy' and 'snappy'			
Splits up short words into sounds - for example, 'd-i-nn-er'			
Counts syllables in words - for example, knows that 'cat-er-pill-ar' has 4 syllables			
Step S2			
Uses words with three consonants clustered together – for example, 'splash'			
Uses words with lots of syllables – for example, 'cauliflower', 'helicopter'			

School Years Developmental Journal Record

Communication: Vocabulary

Item	E	D	A
Step S1			
Compares words regarding the way they look, sound or mean - for example, how 'bare' and 'bear' sound the same but have different spellings and meanings			
Can 'guess the word' when provided with clues using shape, size and function - for example, "A wild animal, grey and quite fat with thick skin, it isn't an elephant, it has a long name and starts with 'h'"			
Uses newly learned words in a specific and appropriate way - for example, "Do you know what symmetry means? If you draw a line down a shape and it's exactly the same on each side of the line, then it's symmetrical."			
Step S2			
Uses sophisticated words but the meaning might not always be accurate - for example, "I had to co-operate really hard to get the work done."			
Learns new, specialised vocabulary - for example when learning about specific topic areas at school			
Uses more objective and clearer definitions of words, as you might find in a dictionary - for example, for the word 'excited' definitions such as "when it's Christmas or my birthday" will develop into "it means eager or thrilled"			
Understands that some words have more than one meaning and can explain this			
Uses more interesting and complex vocabulary when prompted - for example, 'immense' instead of 'huge' or 'stagger' instead of 'walk'			
Step S3			
Defines more difficult words and give examples - for example, "Justice is about fairness and honesty, where the right thing happens. The law is meant to make sure that justice happens"			
Uses spelling rules and patterns in words to get clues to meaning - for example knows that 'un' often means 'not'			
Uses more difficult words when prompted in formal speaking situations - for example, in a formal situation: "Dan is incredibly arrogant"; with friends: "Dan is so full of himself - he's a pain"			
Confidently explains the meaning of words in different school subjects - for example, in Maths: 'quadratic equation', 'factorise', 'inequality'; in Science: 'respiratory', 'digestion', 'metamorphosis'			
Understands more complex words such as those ending -ment, -ity and -ship - for example, 'bewilderment' and 'hostility'			
Uses words in more and different ways - for example, 'bright kid', 'bright day', 'bright idea'			
Step S4			
Uses vocabulary in precise and creative ways; typically uses appropriate words in sentences and may sometimes use more unusual or advanced words			
Understands the words that are used in questions in exams and the classroom - for example, 'compare', 'discuss', 'evaluate'			
Step S5			
Uses a wide range of difficult descriptive words and phrases - for example, 'exhausted', 'meandered', 'incessant'			
Understands subtle differences between similar words - for example between 'severe' and 'considerable'			

School Years Developmental Journal Record

Communication: Storytelling and narrative

Item	E	D	A
Step S1			
Describes their own experiences in detail and in the right order when talking about a holiday, weekend activities or visits			
Begins to be aware of what the listener knows already and makes checks while telling a story - for example, "You know Mr Jones, he's our caretaker, he always wears a hat, well he wasn't in school today..."			
Accurately predicts what will happen next in a story			
Exaggerates in an implausible way, to make stories more exciting - for example, "Last year on my summer holidays, I made the biggest sandcastle in the world."			
Tells a story with important key components in place i.e. sets the scene, has a basic story plot and a logical sequence of events			
Step S2			
Tells elaborate and entertaining stories which are full of detailed descriptions			
Uses detailed everyday language about experiences that may have happened some time ago or are planned for the future			
Includes a subplot in telling stories and recalling events, before resolving the main storyline			
Explains the rules of a game, instructions or a sequence of events in a simple but accurate way			
Step S3			
Tells well-planned, complex stories with different elements, several subplots and plenty of detail			
Gives detailed explanations of rules, breaks down steps and describes events in more complex sequences			
Step S4			
Gives well organised, complex and detailed information about their experiences, ideas and thoughts			
Step S5			
Tells long and complex spoken stories ensuring that the 'thread' of the story is understood throughout			
Gives complex information, checking that the information is being understood by the listener(s), and makes the information simpler if needed			

School Years Developmental Journal Record

Communication: Social interaction

Item	E	D	A
Step S1			
Takes turns to talk, listen and respond in groups			
Uses language they hear other people using and is aware of some current peer language			
Step S2			
Keeps conversations going with a range of people in different situations, by making relevant comments or by asking questions			
Sees someone else's point of view when having a discussion			
Changes the style of their language to suit the situation and the listener - for example, "Hey, how you doing?" to greet a friend and "Good Morning Mr Smith" to greet a teacher			
Negotiates with friends and others to resolve conflicts by explaining options and outcomes			
Understands sarcasm when it's obvious - for example, "You've knocked over my favourite vase. That was really clever"			
Recognises simple 'sayings' but can't really explain why they're funny or what they mean - for example 'pulling someone's leg'			
Enjoys jokes based on double meanings though they may not always be able to explain them - or example, "What do you get when you cross a snowman with a vampire?" Answer: "Frostbite"			
Is aware when someone doesn't understand and tries another way to get information across			
Step S3			
Understands and uses slang with peers			
Understands less obvious 'sayings' - for example, 'Rome wasn't built in a day'			
Notices and understands sarcasm with some clues - for example, the tone of someone's voice			
Responds to views different to their own in discussions			
Uses sarcasm as a way to interact with peers and familiar adults - for example, "Cool dance dad!"			
Thinks about how they might persuade other people, including what they'll say if other views are different from their own - for example, "I know you aren't into rugby, but there're a few of us going to watch it on TV and order in pizza - it'll be a laugh"			
Keeps a topic of conversation going even if the person they're speaking is less skilled at this			
When talking to others, pays close attention and asks questions to develop ideas			
Takes an active part in discussions, and shows understanding of the ideas of others			
Step S4			
Adapts their talk to different contexts, including those that are unfamiliar			
Uses formal language confidently in situations that require it			
Familiar with a wider range of, and less common, 'sayings' - for example, 'hit below the belt', 'paint the town red'			
Leads discussions on subjects that they are knowledgeable about			
Listens carefully in discussions and responds sensitively to other people's views			

School Years Developmental Journal Record

Communication: Social interaction continued

Item	E	D	A
Step S5			
Stays on one conversational topic for long periods and moves sensibly from one topic to another			
Takes part in large group social interactions, knowing appropriate times to join in			
Is skilful in discussions and uses a range of arguments to persuade others			
Joins in with humorous 'banter' with friends			
Uses language imaginatively for social interaction - for example, "that's so many colours of wrong"			
Understands sarcasm just through the situation and without the need for a sarcastic tone of voice			
Uses sarcasm appropriately - for example, I'm so happy to see you			
Uses sarcasm in humour			
Switches easily between informal and formal styles of talking - for example "Yeah, whatever guys...oh good evening Mr Johnson, how are you?" To friends: "That's our neighbour, what's he doing here?"			

School Years Developmental Journal Record

Physical: Fine motor skills

Item	E	D	A
Step S1			
Turns the page of a book with one hand			
Attempts to use a range of tools – for example, using scissors with some degree of accuracy			
Uses thumb and first (index) finger to pick up and handle small objects – for example, threading beads on a string			
Step S2			
Uses thumb and first (index) finger to pick up and handle very small objects and tools, using two hands together in an intricate way where needed – for example, with fiddly construction toys			
Performs delicate tasks with appropriate control – for example, threads a needle			
Uses eating utensils to cut and manipulate food with no mess			
Controls a pen using thumb and first (index) finger to draw shapes and join letters			
Uses multiple fingers independently to type on a keyboard			
Step S3			
Uses input devices – for example, a computer mouse, a joystick and touchscreens			
Safely uses a range of tools with accuracy and precision – for example, knives to slice and chop food, a grater and other kitchen equipment			
Controls a pen to draw intricate and complex shapes, can join letters and write quickly and neatly			
Types quickly on a keyboard			
Plans what physical skills and fine motor control are needed in order to solve a problem and reach a goal - for example, model making, design and engineering activities			
Uses two hands together to perform complex tasks in an automatic way – for example, quickly tying a shoelace with little attention			
Step S4			
Uses powered machinery safely, with precision and appropriate control – for example, a drill, pottery wheel			
Uses delicate tools safely, with precision and appropriate control – for example, a small sharp knife for slicing food, an icing bag to decorate a cake			
Writes quickly over a sustained period			
Plans a sequence of complex movements using a range of fine motor skills to use materials in order to complete a task and/or cause a change - for example, pottery and ceramics, needlework, collage and printing			
Step S5			
Writes quickly and neatly while listening to someone talking – for example, to take notes in class			
Carries out most tasks using their hands quickly, automatically and often not with full attention – for example, while talking to someone else			

School Years Developmental Journal Record

Physical: Moving in the environment

Item	E	D	A
Step S1			
Transfers weight from one body part to another showing stability and balance – for example, can stand on one leg easily			
Makes strong, controlled movements with upper and lower body in order to move – for example, when swimming			
Rides a bike with some control			
Catches a small soft ball			
Kicks a football with some accuracy			
Uses a bat or racket to hit a small ball, although this may not go very far			
Step S2			
Controls whole body to move around quickly and safely in the environment with co-ordination – for example, runs with speed and runs up stairs			
Swims using different strokes			
Swims unaided over a distance of 25 metres			
Rides a bike with more control, safely avoiding some obstacles			
Catches a small tennis ball			
Throws a ball accurately to a target or other person			
Dribbles a football with accuracy and sufficient force			
Kicks a football with accuracy and sufficient force			
Uses a bat or racket to hit a small ball with accuracy and sufficient force			
Works cooperatively and in defence in fast moving team games – for example, when passing and tackling in football			
Uses a series of basic whole body actions on the floor and on apparatus – for example, rolling, squatting, jumping			
Works in pairs or small group to develop turn-taking in physical activities – for example, throwing and catching			
Step S3			
Has sufficient co-ordination and control of balance to swim greater than 25 metres at speed			
Moves around safely in public environments like town centres – for example, road crossing, travelling on public transport			
Rides a bike with good control, negotiating different surfaces, slopes and on different surfaces			
Rides a bike safely on the road			
Moves whole body and controls limbs to use a range of gym equipment and balance well			
Demonstrates good spatial awareness and hand-eye coordination when engaged in ball games - for example, able to perform a one-handed catch in each hand			
Demonstrates good spatial awareness, co-ordination and balance when negotiating obstacles - for example, controls a football well while moving			
Works effectively as part of a team in physical activities, predicting movements of others and using game strategies			

School Years Developmental Journal Record

Physical: Moving in the environment continued

Item	E	D	A
Step S4			
Given the opportunity, adapts and transfers riding skills to different types and sizes of bike on various surfaces			
Adapts tactics and strategy in sports when changes occur			
Controls whole body efficiently to move around safely even in crowded environments – for example, a busy street, crowded bus			
Seeks out challenges in physical activities, understanding that more effort or a different approach will be successful			
Evaluates own physical abilities and skills, identifying strengths and areas for development			
Step S5			
Given appropriate opportunities, applies existing skills to quickly learn new physical activities			
Travels in unknown busy environments where further adaptations may be required – for example, using different types of transport which they haven't used before such as trams or an underground system			

School Years Developmental Journal Record

Physical: Moving creatively

Item	E	D	A
Step S1			
Moves parts of body in time to different sounds – for example, spontaneously taps feet to the sound of drums			
Stops and starts body movement in response to interrupted sounds, rhymes, songs and/or music			
Changes speed and type of body movements in response to different tempos, rhythms and types of music			
Moves whole body and controls arms and legs to dance and perform simple gymnastics			
Step S2			
Creates and repeats a sequence of body movements incorporating rhythm			
Moves in co-ordination with others using small objects and equipment such as ribbons and hoops			
Moves freely across a large space, negotiating the space including obstacles and people – for example, running, jumping, dancing			
Step S3			
Represents their own ideas, thoughts and feelings through sequences of creative movement, gestures and expression			
Step S4			
Combines use of music, movement, drama and words to create an original performance as an individual or as part of a group – for example, choreographing a dance			

Physical: Self-care

Item	E	D	A
Step S1			
Knows the importance of physical exercise to good health			
Knows the importance of a healthy diet to good health			
Follows safe procedures for food safety and hygiene – for example, washing hands before baking			
Step S2			
Dresses self quickly and tidily, managing most fastenings on clothes, including small buttons and shoelaces			
Bathes or showers and dries self with towel independently			
Makes choices about how to develop healthy lifestyles - for example, choosing between different foods			
Step S3			
Manages most fastenings on the front and back of clothes, and a tie, if taught			
Independently manages personal hygiene tasks required for age			
Step S4			
Independently manages a wide range of personal hygiene tasks, as appropriate for physical maturity – for example, cutting/filing nails, styling hair or fastening jewellery			
Step S5			
Independently maintains a high level of personal hygiene tasks			

School Years Developmental Journal Record

Thinking: Memory

Item	E	D	A
Step S1			
Remembers three spatial positions in the correct sequence			
Repeats a four digit number sequence – for example, ‘7, 9, 1, 6’			
Repeats a two digit number sequence in reverse order – for example hears ‘8, 4’ and responds “4, 8”			
Remembers simple stories but this is mainly limited to the general gist. May not remember detail correctly - for example, names of characters and what they were wearing - and the sequence may not be logical			
Step S2			
Remembers stories with a logical sequence of recall, i.e. this happened, then that happened etc			
Remembers correct content of stories and tends not to include made-up content			
Remembers some non-central details of a story - for example, names of characters, what they were wearing			
Remembers more complex information in a story – for example, who, what, why, when			
When trying to remember things, organises separate pieces of information into related groups, although the number of categories created to aid memory may be few or prompting may be needed			
Rehearses verbal lists of information silently			
Remembers four spatial positions in the correct sequence			
Repeats a five digit number sequence – for example, ‘1, 6, 3, 8, 5’			
Repeats a three digit number sequence in reverse order – for example, hears ‘5, 3, 9’ and responds “9, 3, 5”			
Step S3			
When trying to remember things, organises separate pieces of information into pre-existing categories			
When trying to remember things, creates a larger number of categories as well as remembering more items within those categories			
When trying to remember things, creates their own ‘new’ categories and forms new links between previous unrelated items			
Remembers five spatial positions in the correct sequence			
Repeats a sequence of four digits in reverse order – for example, hears ‘2, 7, 1, 4’ and responds “4, 1, 7, 2”			
Step S4			
Repeats a six digit number sequence – for example, ‘2, 6, 1, 4, 9, 3’			

School Years Developmental Journal Record

Thinking: Executive functioning

Item	E	D	A
Step S1			
Comes up with at least 8 words within an easy category when asked to – for example, when naming as many animals as they can			
Suggests one or two original ideas when asked to think of different uses for an object – for example, different uses for a brick			
Focuses attention on a task but may become distracted by other things in the environment – for example, tends not to touch things when asked not to but may need some reminding			
Sits still and concentrates for short periods of time			
Doesn't call out or talk when required not to do so, but may need some reminding			
Plans simple activities – for example, takes in something for 'show and tell' at school			
Step S2			
Comes up with at least 11 words within one category when asked to – for example, when naming as many animals as they can			
Suggests two or three original ideas when asked to think of different uses for an object – for example, different uses for a brick			
Sits quietly for extended periods of time			
Organises simple activities by themselves			
Is aware that they have to manage their time effectively			
Attends selectively to tasks and ignores distractions if motivated to do so – for example doesn't talk to their friends or call out loud when required not to do so			
Step S3			
Comes up with at least 15 words within one category when asked to – for example, when naming as many animals as they can			
Suggests three or more original ideas when asked to think of different uses for an object – for example, different uses for a brick			
Switches attention from one task to another and back again			
Inhibits all or most inappropriate responses, both verbal and behavioural, for as long as necessary without much difficulty			
Organises their own schoolwork without assistance			
Breaks large tasks down into smaller, more manageable tasks - for example, when solving a maths equation, starting a piece of coursework, cooking a meal			
Makes social arrangements and plans activities			
Step S4			
Applies time-management skills to doing coursework and preparation for assessment			
Step S5			
Organises their own college and/or paid work without assistance			

School Years Developmental Journal Record

Thinking: Creativity

Item	E	D	A
Step S1			
Comes up with original ideas in lessons and at home – for example, when doing arts and crafts activities			
Cuts out a range of shapes in different materials – for example, paper, cardboard, fabric			
Step S2			
Works with a variety of materials and tools carefully, accurately and understanding how each can be best used – for example, paint, fabric, paper, dough, colouring pencils, cardboard			
When making or building something, is aware when something has gone wrong or can be improved – for example, when a house made of building blocks is a bit wobbly, understands that this might fall down so needs changing			
When doing activities, knows that steps have to be done in the right order – for example when baking or cooking, in a science experiment or planting in the garden			
Step S3			
Develops ideas for activities or games by drawing on and using various sources of information - for example, using the internet, textbooks, asking friends, in art or photo galleries			
Has own opinions about arts and crafts – for example, at a museum or at gallery, watching a dance			
Explores and experiments with ideas independently and inventively – for example, creating a new recipe			
Step S4			
Understands how creative materials and processes can be used and applies this knowledge			
Produces plans that predict the time needed to carry out the main stages of completing their project or activity – for example, with school coursework, making a meal with several courses			
Judges their own work and that of others, demonstrating analytical, critical and contextual understanding.			
Step S5			
Independently comes up with an original idea, plans, assembles materials and creates a well-finished product – for example, a scrapbook of a holiday			

School Years Developmental Journal Record

Thinking: Knowledge of the world and problem-solving

Item	E	D	A
Step S1			
Understands the simple physical properties of a variety of everyday materials - for example, if they are bendy or soft			
Knows and compares the uses of a variety of everyday materials – for example, wood, metal, plastic, glass, rock and paper			
Finds out how the shapes of solid objects made from some materials can be changed by squashing, bending, twisting or stretching			
Understands descriptions of dates and times of the year, including days of the week, weeks, months of the year and years			
Understands descriptions of chronological order – for example, before, after, next, first, today, yesterday, tomorrow, morning, afternoon and evening			
Recognises coins and notes of different values			
Understands the language associated with probability – for example, certain, equally likely, unlikely, impossible			
Recognises what they have done well and what they could do better in a range of activities – for example, drawing, painting, reading a book			
Tends to accept and follow simple rules, although they sometimes may forget – for example not running in corridors, being quiet in a library			
Tells the time to 5 minutes including to the hour, half past the hour and quarter past/to the hour			
Step S2			
Explores differences between materials – for example, floating or sinking			
Can arrange things by properties such as height and weight – for example, ordering a set of objects by size			
Is aware of forces and how they affect objects - for example, gravity, friction, water resistance			
Knows the four seasons and weather associated with them in the UK			
Tells and writes the time to the nearest minute from analogue clocks (with a dial and hands) and 12 hour and 24 hour digital clocks			
Understands descriptions of different times of the day - for example, am, pm, morning, afternoon, noon and midnight			
Knows the number of seconds in a minute			
Knows the number of days in each month			
Knows the number of days in a year and in a leap year			
Compares durations of events - for example, to calculate the time taken up by particular events or tasks			
Combines amounts of money to make a particular value			
Understands the importance of testing out ideas and can apply that knowledge when carrying out simple investigations themselves			
Step S3			
Understands that different outcomes may result from repeating an action or experiment			
Explores and interprets different sources of information and begins to assess these for validity and bias – for example, realises that articles on the internet may be people’s opinions rather than facts			

School Years Developmental Journal Record

Thinking: Knowledge of the world and problem-solving continued

Item	E	D	A
Step S4			
When wanting to find something out, uses a range of search strategies and sources of information with confidence			
Evaluates evidence critically and suggests how problems can be addressed			
May change their own views as a result of informed discussion or research and examination of relevant evidence			
Step S5			
Fairly and accurately judges the validity of information, views, opinions, ideas and arguments			
Uses relevant information to make persuasive arguments that balance different viewpoints clearly and logically			
Reasons logically about imaginary or hypothetical problems			

Thinking: Use of technology

Item	E	D	A
Step S1			
Uses technology to find information			
Step S2			
Interprets information gathered using technology			
Uses technology to record observations, thoughts and experiences – for example, digital photos and videos			
Step S3			
Selects the information they have gathered using technology for different purposes and checks its accuracy			
Step S4			
Considers the benefits and limitations of different technology, tools and information sources and the results they produce			
Independently selects appropriate information sources for specific tasks, taking into account ease of use and suitability			

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